



# A place to stay


Local couple serves as host family  
for New Britain Bees player

See story on page 6

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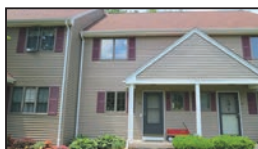
**Rocky Hill**  
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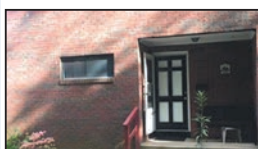
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# Wethersfield LIFE

**July 2017**

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## QUOTE OF NOTE:

“Last year we had one of our best years in a long time. It’s a great family place. You make lifetime friends.”

– Beth Roth

See story page 12

## ON THE COVER

Paul Murphy gets his grip checked by New Britain Bees player/coach Craig Maddox, who is staying in the Murphy’s Wethersfield home this season.

Photo by Lisa Brisson

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# Writing history and romance

Wethersfield author Ashley York publishes her sixth novel

by Allie Rivera  
Staff Writer

Becoming a writer was always the end goal for Ashley York. “Ask any author and they’ll say ‘I’ve wanted to be an author since the second grade,’ and it’s true for me to,” she said with a small laugh. “When I met my husband in high school, I told him then I wanted to be a writer and he said, ‘then you should write.’”

The Wethersfield resident’s path to becoming an author was not a straight line from there. York and her husband moved to Colorado, where she began working as a secretary, but she continued to feel the pull to write.

“He could tell I wasn’t happy with what I was doing so he said, ‘just stay in our cabin and write,’” York recalled.

With a love for history as well as a master’s degree in the subject, York came up with the idea for her first historical romance novel, what would later be called “The Bruised Thistle,” but she didn’t devote herself full time to the endeavor. Instead, she decided that she would try to become a teacher.

“That didn’t work out,” she said with a laugh.

By this point, around 2010, York had further developed the idea for “The Bruised Thistle.” She joined her local chapter of the Romance Writers of America and began learning how to take her writing to the next level.

“I was learning about sending out queries and getting agents,” York said. “I was attending all these local RWA workshops.”

While learning about how to get her writing published, she continued to casually work on her novel. Three years later, however, everything changed when her sister was diag-

nosed with cancer. She died in July of 2013.

“Within a couple days of her dying, I remembered that there was this picture she had taken,” she said quietly. “It was an old photo she had taken of a bee sitting on a thistle.”

The photo, which was taken in 1982, was a source of pride for York’s sister but also, coincidentally, matched the title of the book York had long been working to complete. But she had no idea where the photograph was located.

“I went up to my attic and there it was, just right there,” she said. “It felt important and I just felt like I have to get this book published.”

Deciding to completely bypass sending out queries and finding an agent, York self-published her first historical romance novel, “The Bruised Thistle,” in December 2013. The book, and each one she has published since then, has her sister’s photograph printed on the spine.

For reasons of privacy, she began publishing under her penname Ashley York, which she chose because it was also her great-grandfather’s name.

Taking her love of history and her love of romance, she set her novel and those she has written since in

Wethersfield resident and historical romance writer Ashley York, a penname she uses, published her sixth book in March.

day by saying, ‘let’s brainstorm what we know about people in the Middle Ages,’” York recalled.

“People were raising their hands and saying they were primitive, they were this, they were that. Basically we thought they were dumb. Then he proceeded to tell us how wrong we were.”

Since then, she has continued to study this time period in depth and has learned a great deal about their society.

“They were very innovative,” she said. “I had always thought they weren’t very smart. I was shouting things out in that class, too, but we were so wrong.”

In York’s historical romance novels, the history is just as important as the romance.

“Sometimes people will say, ‘oh it’s just one of those romance books,’ but that’s not what she does,” her friend and early reader Kathleen

**“My take on history is that people are the same. Situations are different, but people are always the same.”**

**– Ashley York**

the Middle Ages in Ireland, a time period with which she became fascinated while earning her degree.

“I remember a class I took and the professors started out the first

Agin said. “She writes these books about history that draw you in and then there’s a love story that goes along with it.”

Researching specific time peri-



ods, historical figures and documented battles is a large part of York’s work before she even begins writing.

“To me, it’s fascinating,” she said. “I could get lost in the research.”

She describes each of her novels as “where history takes a passionate turn. My take on history is that people are the same. Situations are different, but people are always the same.”

Though most of the characters she creates are fictional, York uses her research on the time period to create as realistic a reading experience as possible.

“She sets her stories around real battles or people and then she puts her characters in there,” Agin said.

“I know the way that she writes, so when you read in the story that a character went from this point to that point, she thinks about all that. She knows that’s how far a character could travel on a horse in those conditions.”

Following the release of “The Bruised Thistle,” York started on another historical romance novel, this time starting a four-book series she called the Norman Conquest series. Similarly taking place roughly 1,000 years ago, the books focus on different characters whose lives overlap in Ireland.

"What they used to do in England was if the king was mad at you, they'd send you over to Ireland," York said. "I loved imagining these villains who would be there."

Along with the history, it is the character development in her novels that keep her books going.

"I didn't have a grand scheme for all of it when I was starting out," she said. "It's the characters who make the connections."

"The secondary characters are all important in these stories," she added. "When you think about it, aren't the people who are close to you reflective of who you are?"

Agin, one of the first people to read each of York's novels, said it is the characters that make her want to continue reading.

"The way she has grown through this and developed characters from the various books, I haven't really had a writer do that, that I've seen. She's able to weave these stories and bring it all together at the end. I was blown away," she said.

"You feel like you know these people because she develops them so much."

In March of this year, York released her newest novel. Though in the same genre, this book, titled "Curse of the Healer," is the first in a new series being called the Descendants of the High Kings series. One of the characters in this book was introduced in her last novel, "The Seventh Son."

York conducted research on Irish traditional law and learned about the culture's healers.

"We always hear about healers being essential to the group, so I made up a legend about her," York said of the new novel. "I'm trying to provide [readers] with an escape. I'm trying to recreate history as it could have been."

She is already in the throes of writing the follow-up novel, "Eyes of the Seer."

While the historical aspect is a large part of the writing, York said readers should know that the romance part is also present.

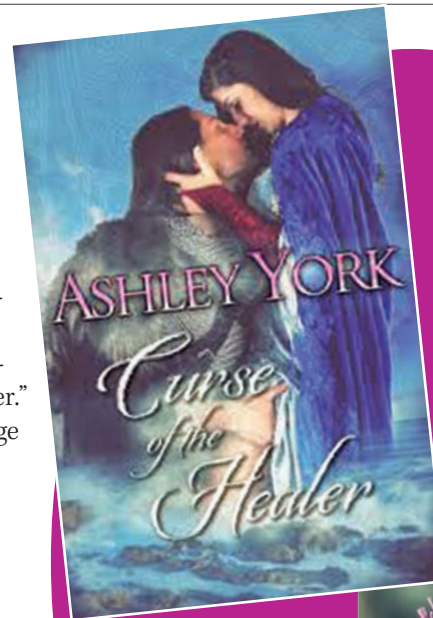
"They are a bit steamy," she said with a laugh. "I want to do the characters justice."

With her writing career fully underway, she is happy to be living the life she had dreamed of when she was in second grade. Those who know her best are excited for the world to get to see York's talent.

"I really think that people will thoroughly enjoy her books and her writing,"

Agin said. **WL**

"Curse of the Healer" as well as Ashley York's previous five books are available at Heart of the Country, 169 Main St., or online on Amazon, Barnes and Noble or iTunes.



"Curse of the Healer" is the newest book by historical romance writer and Wethersfield resident Ashley York.

Writer Ashley York uses this photo, taken by her sister, on the spine of all of her books in remembrance of her sister, who died in July 2013.



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July 2017 | WETHERSFIELD LIFE 5

# A home away from home

Wethersfield couple is host family for minor league baseball player

by Mara Dresner  
Staff Writer

When Craig Maddox steps up to the plate for the New Britain Bees, Kate Murphy feels a touch of anxiety. It's more than just a fan wanting her favorite player to do well at bat.

Murphy, an administrative assistant at The Hartford, and her husband Paul, are Maddox's host family during the Bees season.

"We go to as many games as time per-

mits. I know that Kate always gets nervous when Craig is up to bat, just as if he was a son," Paul, the president of Mallory Industries, said.

This is the second year that they've been Maddox's host family.

"Kate heard about it through an advertisement on TV. Once my wife mentioned it to me and we discussed how we thought it would work out, it was a pretty mutual we need to do this," Paul said.



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**Congratulations to all NWC 2017 graduates and the colleges & universities welcoming them this fall!**



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**Just another family barbecue at the Murphy house. Paul and Kate Murphy opened their home to New Britain Bees player/coach Craig Maddox. The Georgia baseball player was enjoying a visit from his girlfriend Samantha Haonline.**

"We live close to the stadium so we knew logistically that was a plus and our thoughts were totally reaffirmed once we met with the Bees' representatives. This was a program that needed support and we were

happy to assist and we are grateful we made that choice."

Allison Farrell, business manager for the New Britain Bees, said host families are asked to provide a bed for the players, as well as access to a

bathroom and kitchen.

"We meet with every prospective host family to make sure they're a good fit. Having host families like the Murphys benefit the Bees in many ways. Most importantly, the Murphys provide a home away from home for these players. Our players drop everything in their lives and move across the country, with some moving to a new country, for six months at a time," Farrell said.

"Host families provide a safe and loving environment for these players. They also will provide food and other comforts for our players. It is a great feeling knowing that our players are taken care of, not only at the stadium, but also when away from the stadium."

The host families receive a few benefits for the service.

"Host families are compensated with either tickets or a suite night and we try to accommodate any other needs they have. They do us a great service, so we take care of them as best we can," she said.

This is Maddox's second season in New Britain; he represented the

Bees in the 2016 Atlantic League All-Star Game. He's in his 11th professional season and his ninth in independent baseball. The 32-year-old player is a native of Locust Grove, Ga.

The Murphys enjoy the experience.

"We open our home to Craig so he has full use and we do what we can to make his stay enjoyable. We feel that by making his living situation as comfortable as possible, it will help Craig pursue his goals on achieving what he can on the field," Paul said.

Kate said Maddox is a perfect house guest.

"First off, besides being a stand-up guy, he's a very good roommate. Craig keeps to himself pretty much and we give him the space he deserves. He is dedicated and driven and has a good outlook on today and into the future," she said.

Maddox said the couple, who has a daughter Meghan who lives and teaches special education in Boston, made him feel at ease from the beginning.

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"Honestly, I feel part of the family. It's all about being comfortable where you are. I can't say enough about how much they mean to me. Having them allows me to focus on doing what I have to do at the field, and that all starts where you lay your head down at night," he said.

"Host families allow players to have a home away from home. We live half of our season on the road, bouncing around to different hotels, so it is great to have a comfortable place to lay our heads down when we are at home."

He said they are the "definition of [a] perfect host family."

"The Murphys are awesome. It's always difficult to move into someone's home, but Kate and Paul made me feel right at home from the start," Maddox said.

That doesn't mean there aren't the occasional bumps in the road.

"Craig got a surprise one night when a friend of ours was going to drop off some furniture to store in our basement. We thought they would be coming in the late afternoon, early evening, when Craig would be away at the field, so we did not inform Craig. Well, they decided to drop off the furniture at 11:00 at night," Kate said.

"That encounter surprised the both of them, and as a dedicated baseball player, Craig had his baseball bat ready to ward off the intruders and protect his host family. Fortunately, after their



**"It's always difficult to move into someone's home, but Kate and Paul made me feel right at home from the start."**

**– Craig Maddox**

mutual brief scare, all was sorted out and ended well. Lesson learned."

While the Bees are naturally their favorite team, Paul also roots for the Boston Red Sox, while Kate takes after her father and cheers for the St. Louis Cardinals.

Maddox was acquired by the Bees in a trade with Southern Maryland prior to the start of the 2016 season and led the team in both batting average (.306) and hits (156), both of them career highs. He also set career highs in games played (126), runs scored (56), runs batted in (56), and triples (5) last season, starting 110 of the 126 games he played in as the designated hitter.

Last season he led the Bees to post a .265 team batting average and 344 extra base hits, including 93 home runs. This year, he is the full-time designated hitter and hitting coach.

While Kate and Paul Murphy enjoy the dinners and conversations they share, they also like feeling as though they're part of his journey.

"We cherish our conversations with Craig and having dinner together when time permits. We were also quite proud when Craig was named to the all star team last year. Maybe, just maybe, we had a very small part in helping to make that happen," Paul said.

"We're trying to help in any way we can, to help fulfill a dream," Kate added. **WL**

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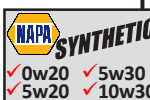
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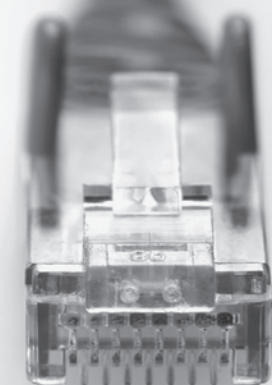
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This is a look at the new pump room being constructed at Pine Acres Swim and Tennis Club. Club facilities were badly damaged in an arson fire. The new building will also be home to a new 2,000-pound filter.

## Rising from the ashes

### Pine Acres bounces back from arson blaze

by Mark Jahne  
 Editor

The hearts of Pine Acres Swim and Tennis Club members sank when they saw the extensive damage caused by a fire back in January. They worried that it might prevent the club from ever opening again, or at least place this summer's season in jeopardy.

After months of hard work and help from a variety of sources the venerable club reopened a few weeks ago. Its leaders hope that, although the opening occurred later than usual, they can quickly get operations back to normal and everyone can settle in for a season of family fun.

Chris and Beth Roth are co-presidents of the club. Beth recalled the moment she heard about the Jan. 29 fire.

"It was a Sunday and we were at a swim meet in Cheshire. It started in the snack bar and went out into the women's locker room," she said. "We're thankful that no one got hurt."

"I got here as quickly as I could," Chris said.

The town fire marshal's office

determined that the blaze was intentionally set. An investigation led to one or more minors being accused of the crime and the matter was turned over to the juvenile court, where the proceedings are secret under state law.

Club officials hired a public insurance adjuster to assess the damage and help them rebuild.

"That was the best thing we could ever have done for the club," Beth said.

"We've been able to cover everything so far with the insurance funds we have," Chris added.

The end result is two newly constructed buildings. They also had to replace the lifeguard chairs and everything else that was stored inside the destroyed building for the winter.

Pine Acres, with a membership of approximately 190 families, can now move forward with celebrating its 60th anniversary. A summer party is planned and the season will continue through Labor Day weekend.

"Every year it's been growing," Chris said.

"Last year we had one of our best years in a long time," Beth

added. "It's a great family place. You make lifetime friends."

The Roths live in town and have been members for five years but Pine Acres members come from cities and towns all over central Connecticut. Many of them are second-generation families with long histories. Various membership options are available.

"When you surround yourself with good people, good things happen," Beth, who grew up in Wethersfield, said. "It's a fun environment to be in. Everybody really pitches in."

There are work weekends and camp-outs with pop-up tents, among other attractions.

They are always recruiting for new members because, despite six decades of being in existence, many people still don't know that a private swim and tennis club is tucked into a quiet corner of Wintergreen Woods, Chris said.

The board of directors has pulled together and is working closely as a unit to recover from the disaster. The frequency of its meetings was increased. DBL Contracting was



Workmen add the finishing touches to the roof of one of two new buildings at Pine Acres.

hired to do the reconstruction.

"We've been meeting once a week since the fire," Chris said.

"We're trying to use all local people" for the construction project, Beth added. "The town has been wonderful" helping the club through the process and the need to meet modern building and fire codes.

Pine Acres features three pools: a 25-foot pool with diving bay, children's wading pool and beginner's pool. There are eight tennis courts, five of them with clay surfaces and

three others constructed of Har-Tru material.

Swim, dive and tennis teams are offered. Other activities include basketball, volleyball, tetherball and a playground.

Members enjoy a shaded picnic area, reserved parking, wireless Internet, a party area, full-service snack bar operated by The Cove Deli, and private changing areas and showers.

Six-week swim and tennis lessons are part of the membership

package and all lifeguards are certified. Membership options include full family, 55 and older, tennis only, nights and weekends, and August only.

Social events are held throughout the summer and families can bring a baby-sitter along if they wish at no additional charge to help supervise children. Guests are welcome. **WL**

For information about membership email Liz D'Amato at [pineacresmembership@gmail.com](mailto:pineacresmembership@gmail.com).

## Thank You from Pine Acres Swim and Tennis Club



***Pine Acres Swim and Tennis Club would like to thank the following organizations, businesses and people for guiding Pine Acres through the process of rebuilding. Their knowledge, professionalism, and expertise made our rebuild successful.***

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Please visit our club's website, [www.pineacresswimclub.com](http://www.pineacresswimclub.com). New members are always welcome.

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**Pine Acres**  
Swim and Tennis Club

# LIFE

## in the classroom

### Zacchei steps down after a lifetime of educating children

by Mark Jahne  
Editor

**M**argaret Zacchei dedicated much of her life to educating children. Now it's time to set that aside and relax.

She retired from the Wethersfield Public Schools at the end of June after serving nine years as principal of Hanmer School. She's looking forward to a slower pace of life, more family time and visiting her children in New York City and Philadelphia.

Her husband runs his own business and has a flexible schedule so that will help. She reflected on her career a few days before packing the final boxes and vacating her office.

"It's very hard to believe. I have been so lucky. I love this job. It was a very hard decision. It's very bitter-sweet. I've been in education for 21 years," she said.

"I will take a little break and see what comes my way ... I'm looking forward to a new adventure," she added.

She taught at Hanmer before

becoming its principal. She also taught language arts at Silas Deane Middle School and lives in town.

Her career includes time spent as the education director for the Webb-Deane-Stevens Museum on Main Street. Zacchei professed a profound love for Old Wethersfield.

"I will miss the adults; I will miss the children; I will miss the parents. I loved the work. It's about continuous improvement. I welcome change," she said.

The idea of teaching has been with her as far back as she can remember.

"I don't remember ever not wanting to go into education," Zacchei said. "I've always been sure."

Family members and friends were teachers when she was growing up. When she was in high school she did volunteer work in an elementary school.

Her career began in 1981 at Whiting Lane School in West Hartford. After that, she taught in North Salem, N.H., before taking several years off to raise her children.



Margaret Zacchei displays one of the many cards and pieces of art she received from students wishing her well in retirement. She spent the past nine years of her career as the principal of Hanmer School.

She has seen a lot of changes over the years.

"The biggest I've seen has been raising the bar. The new standards are rigorous," Zacchei said.

She likes the fact that modern education focuses upon problem solving, critical thinking and collaboration. All of these skills will come in handy for students not just now, but throughout their adult lives. It also helps students access content more effectively.

"There are more demands than in the past on teachers and administrators," she said.

She will miss collaborating with other educators. Zacchei said the town and school board provide the schools with the resources needed to do a good job.

Her post at Hanmer has already

been filled. Pauline Greer, a former Wethersfield teacher and curriculum specialist, was named the new principal. Greer most recently worked as an assistant principal in the Berlin Public Schools.

"She'll be a very good fit," Zacchei said. "This is an incredible school community. The teachers bring so much to this school."

Superintendent of Schools Michael Emmett said she will be missed. He gave her credit for always involving students and staff in solving any problem that came up at the Hanmer.

"I could go on for hours about Margaret. The kids came first in Margaret's world. She was a true instructional leader," he said. "She created a culture of dignity and respect among the students." **WL**



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# Helping a transplant patient

Woman calls community amazing and supportive

by Mara Dresner  
Staff Writer

**E**rica McGregor knows a little bit about having patience. For more than five years, she waited for a kidney.

Since the end of 2011 McGregor, who has lupus, has been doing dialysis at home. For the first few years of her illness, she had frequent hospitalizations, including a point where she lost her vision.

While on the national transplant list for a cadaver kidney, she also expanded her search for a living donor. She started with family and friends before reaching out with a Facebook page and the news media, including an article in Wethersfield LIFE in fall 2015.

She called her health thankfully great since that article appeared.

"No hospitalizations, no issues. During Labor Day 2016 there was an organ offer that fell through, but everything else was blissfully boring," she said.

Because she had needed a number of blood transfusions, the matching process was more complicated. This spring she finally received the call she had been waiting for – but it was cautiously good news.

"Sunday, April 9, at about 5 a.m., I received a call that there was a potential match. It was listed as increased risk, so they needed to establish that I was actually interested. Increased risks can at times have a risk of disease, but typically do not," she said.

"I indicated I was interested and was informed that I wasn't even primary, I was like number five on the

list. An hour later they called back and said I had moved into the primary slot," she added.

"I went to Yale [New Haven Hospital] to give blood for a cross match, which came back positive. By 10 p.m. that night they asked me to come in for surgery," McGregor said.

The surgery took about three hours, with the new organ placed on McGregor's right side.

"Post-surgery there was a lot of pain and I was in the hospital for about five days," she said.

She was unable to drive for a number of weeks and will be out of work for a minimum of three months. She will be on daily medications to prevent rejection of the new kidney for the remainder of her life.



Erica McGregor is shown with her daughter, Juliana Levy.

Courtesy photo

Meanwhile, she's been in a bit of limbo.

"The type of organ I was given was from a deceased donor. Once it was harvested, it was on a pump for at least 12 hours, which results in it going dormant. This is common and a side effect is delayed graft function, meaning it's slow to produce urine and work as one assumes a kidney would work,"

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McGregor said.

"While I'm assured that the new organ will work, the waiting is just very hard. [The] average time to work is 14 days but can be up to three months. In that time while waiting I still have to do dialysis while acting as if I am post-transplant and trying to ensure that there is no rejection. So it's being stuck in a gray area where both are my reality," she added.

"It's not currently working at 100 percent capacity. Eventually I hope to be able to travel without worrying about dialysis. Eventually I hope that dialysis is a non-factor in deciding my day, to be able to come home and just make dinner without having that three-hour amount of time missing from my day."

That doesn't mean she won't have to consider her medical needs at all, although she said the lupus should be under control.

"Lupus is usually a non-factor. Anti-rejection meds keep lupus quiet. I will be on medication for anti-rejection forever. These meds are so expensive and that's even with what I think of as good insurance. I'm allergic to quite a few antibiotics and sensitive to steroids so I have special antibiotics and insulin added to my list of meds.

"I have to be sure to take my meds on time daily, usually twice a day; some for the first 30 days are three times a day. I have to be aware of germs, always hand washing and avoiding anyone who is sick, etc. There are several food restrictions in terms of food safety and prep," she added.

"I can't eat from buffets or salad bars. Food cannot be left out for longer than two hours and there are certain things I can't eat. The medications are less as time goes on.

"The first 90 days are the most critical; some of the limitations should change. Physically I should have no limitations once my incision heals."

McGregor's story has spread throughout town and a number of friends, neighbors and even strangers have pitched in to help in a variety of ways.

"I first heard about Erica's story last year through a friend/neighbor. I asked around and tried to figure out how to help her while respecting her privacy, but wasn't getting far enough. Ultimately I reached out to her directly via email saying something like, 'You don't know me, but

I've heard about you, your need for a kidney transplant, and I wanted to know if you would accept my help,'" Colleen Mattatall, a Wethersfield mother of two, said.

"We met a few months ago and talked for a few hours about what she's gone through, where she is now and how we, her community, could help her. From there we researched and thought through a few different ideas and ultimately worked out a strategy to raise awareness to help find her a kidney donor," she added.

"It started with me wanting to make a donation to support her. I couldn't find her GoFundMe page. I found her blog, but it wasn't updated. I saw yard signs around town supporting her, but couldn't figure out how to buy one," Mattatall said.

"I really just wanted to support her and when I saw how challenging it was to try to help her, I wanted to step in and make it easier for other people to help her."

Mattatall was inspired by the efforts made by Team Charlie to help a local teenager.

"This boy had this rare form of cancer and everywhere you looked, people were wearing Team Charlie shirts, having fundraisers, talking about it, thinking about it. It was so heartwarming in such a tragic time, to see this community support this family.

"I was so proud of our town after seeing the organization and effort of Team Charlie last year and couldn't help but think why isn't there a Team Erica? There should be a Team Erica," Mattatall said.

So she took things into her own hands, organizing a "Dining for Dollars" event at the Bertucci's in Newington and Glastonbury April 25.

Originally, the event was to help raise awareness and to try to find a living donor for McGregor. The focus changed after McGregor, 36, had her kidney transplant, to raising funds to assist with medical and other expenses, as well as to raise awareness of organ donation in general.

"We sent home a flier for the Bertucci's event to Wethersfield elementary and middle public school children through a donation of 3,500 copies printed by Eastwood Printing in Wethersfield," Mattatall said.

Bertucci's donated a percentage of sales that day and donations were also accepted. Almost \$600 was raised from the Bertucci's sales and an additional \$133 from the donation



Photo by Mark Jahne

**Dozens of people turned out for a fundraiser at Bertucci's in Newington to support Erica McGregor. Her father Locksley McGregor is joined by Erica's close friend Colleen Mattatall, Pack Leader Stacy Caserta and Cub Scout Pack members Alex Caserta, Alex Harrison, Camden Smith and Hayden Raccagni.**

box. Mattatall said the fundraiser was just one way that the town is helping.

"The Cub Scout Pack 85 from Emerson-Williams [where McGregor's daughter, Juliana Levy, is a student] is planning to clean up her yard. Jay Street Studio of Wethersfield is helping with graphic design and signage for the Bertucci's event. We organized a meal train where people can sign up to bring meals to Erica and her family," she said.

"Wethersfield is a wonderful town. It has this amazing sense of community and love. I've seen it through local tragedies how the community comes together to help each other. I thought, 'Why isn't anyone helping Erica?' With Erica's responsibilities of being a single mom, working full time and doing dialysis five times a week for three hours a day, she was tapped out," Mattatall said.

"And this is when the community should work together to support her. Helping other people just feels right to me, it's something I can do. It sets a wonderful example to the children of this community, too.

"When my children ask why I'm doing this, I say, 'I'm doing this because I can.' Because she could use a little help and I can do some small things that can make a huge impact on her life. I can help her, so I should."

Mattatall is also learning about organ donation.

"Organ donation is more than just checking a box on your driver's license. You need to register with a national organization to donate organs across state lines. A deceased organ/tissue/eye donor can give to save and heal up to 75 people. It is a selfless act that can help other people live longer and more full lives," she said.

As McGregor starts to look forward to moving forward without dialysis, she is grateful for the support of her town.

"I am just so honored and blessed. The community in Wethersfield has just been so amazing and supportive. I've spoken to people who were crying on my behalf and it's just this amazing feeling to know so many people are pulling for us to succeed and have the life that we have been craving since 2011," she said.

"Donating life changes lives. It's the most amazing gift you can give. Over 100,000 people are waiting for that call with baited breath hoping for a second chance to live the lives they have always dreamt of and it starts with signing up to donate." **WL**

To learn more, or to make a donation, visit [GoFundMe.com/fight-forerica](http://GoFundMe.com/fight-forerica) or [facebook.com/EricaNeedsAKidney](http://facebook.com/EricaNeedsAKidney).

# Honoring veterans

Silas Deane Middle School welcomes those who served in the armed forces

by Mark Jahne  
Editor

Ten men and one woman, some of them in uniform, sat quietly in the Silas Deane Middle School gymnasium facing a throng of excited students. They were there to be honored as part of the school's recognition of Memorial Day.

The May 26 ceremony of honor and recognition featured the Wethersfield Police Department Honor Guard and students performing choral and instrumental music. Samuel Logan was selected from the eighth-graders who wrote Memorial Day essays to read his work aloud to those present.

"Memorial Day is less a time or place and more of an idea, an idea that represents America and what we stand for, an idea that so many fought for," he read.

The event was organized by Steve Lewis. Rick Newell of the Disabled American Veterans office in Rocky Hill spoke as did Staff Sgt. Jonathon Jackson, a former U.S. Army Ranger. Newell is a U.S. Marine Corps veteran of the Vietnam War.

Jackson runs a nonprofit organization in Georgia called Comfort Farms that helps military vets readjust to civilian life through farming. He served 40 months in Iraq and Afghanistan.

"I'm trying to help veterans reintegrate into society. I lost a lot of friends along the way," he said.

He joined the Army after the Sept. 11, 2001 terror attacks. One of his closest friends was killed in action.

Many of the veterans stayed after the formal program to visit social studies classrooms and interact with the students. In one classroom, Capt. Barbara Michalek and Master Sgt. Gerald Overton talked about flying C-5 cargo planes.

"It's the largest plane we have in our inventory," she said.

They are members of the Massachusetts Air National Guard stationed at Westover Air Reserve Base in Chicopee. In civilian life, Michalek is a behavior analyst. She joined the USAF in 2002 and has flown C-130 cargo planes as well as the massive C-5.

Overton works for Sikorsky Aircraft. He was in the Army before switching to the USAF and has served as a flight engineer for C-5s and A-10 Warthog ground attack aircraft.

In addition to those already mentioned, the other honored guests were: former Senior Airman Neal Schackner, USAF; Ryan Henowitz, U.S. Army, who fought in Operation Iraqi Freedom; retired Chief Warrant Officer 5 Raleigh Voight Jr., U.S. Army; Major Raleigh Voight III, U.S. Army Reserves; former Staff Sgt. James Chartier, U.S. Army and Lt. Col. Mark Tallo of the Connecticut Army National Guard. **WL**

Staff Sgt. Jonathon Jackson, a former U.S. Army Ranger, speaks to students in a social studies class. With him are Capt. Barbara Michalek and Master Sgt. Gerald Overton of the U.S. Air Force Reserve.

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# First line of help

Volunteer ambulance personnel dedicate themselves to emergency service

by Mark Jahne  
Editor

**W**hen injury or illness happens, the response by emergency service personnel can sometimes make the difference between life and death. It's a daunting responsibility for anyone, let alone a volunteer.

The emergency medical technicians at the Wethersfield Volunteer Ambulance Association embrace that challenge with a sense of dedication that matches that of local police officers and firefighters. They deal with people in the greatest moment of need and do everything they can to relieve the pain and preserve life.

The WVAA has been around since 1956. Volunteers are on call evenings and weekends at its Prospect Street headquarters to respond at a moment's notice to emergency calls for help.

The association is still reeling from the arrest of its former chief. He is accused first-degree larceny for allegedly spending an estimated \$100,000 of its funds for his own use. That case is awaiting trial.

To help steady the ship, Kevin McMahon, a longtime volunteer and former chief, has returned to the top spot. Kelly-Ann Clark, another veteran, is his assistant chief of administration. The board of directors has been revamped with several new members.

McMahon is an attorney specializing in criminal defense work. Clark is the coordinator of student services and facility manager at CREC Soundbridge School in town.

WVAA covers emergency medical calls from 6 p.m. to midnight Monday through Thursday and 6 p.m. to 6 a.m. Friday through Sunday.

The truck-style ambulance features a wide variety of modern technology including a track-like device with flashing lights that resembles

something out of "Star Wars." This loads and unloads the stretcher automatically and that means greater comfort for the patient and a greatly reduced risk of back injuries for EMTs.

These volunteers are also on duty for all holidays. Other hours are covered under contract by the town with Aetna, a professional ambulance service.

"Aetna is our paramedic intercept and they also provide town coverage during the day," Clark said. "Right now we're trying to get new people in. We're short."

Many of the volunteers currently active with the WVAA live in other communities. McMahon and Clark encourage fellow Wethersfield residents to take an interest in joining this service.

It requires successfully completing a 150-hour emergency medical technician course. A free class will be offered this summer for interested residents who are also high school juniors or seniors.

"You have to have the ability to deal with people at their worst. It's our job to take care of them, stabilize them and get them to the hospital," Clark said.

**"Right now we're trying to get new people in. We're short."**

**– Kelly-Ann Clark**

Ambulance personnel are first responders to any medical call. The police are dispatched as well unless they are extremely busy and it is not a life-threatening medical situation.

The on-duty crew one recent evening was Clark, Jaymine Patel and Yahaira Gonzalez. They arrived prior to their 6 p.m. sign on and went through an equipment check, including all of the systems on the ambulance.

Patel lives in Storrs and works for Vernon Ambulance and Rockville General Hospital as well as being a real estate manager at the University



The crew one recent evening was, from left, Kelly-Ann Clark, Jaymine Patel and Yahaira Gonzalez. They relax while waiting for the next alarm.

Photos by Mark Jahne

of Connecticut. Her dream is to become a physician assistant and fly in a helicopter ambulance.

Gonzalez, who resides in the North End of Hartford, joined WVAA in March and wants to make emergency medicine her career.

"I'm here because this is my career choice. I want to become a paramedic," she said.

"I did it because my husband [Dave] is in the fire department" and she wanted to serve the community as well, but in her own way, Clark said. Their son Matthew just became a firefighter.

"We're a volunteer family," she said.

She volunteered for 10 years, took a break while raising her children, and returned to EMS service two years ago.

Murphy's Law has many corollaries and one of them is that if you work in emergency services an alarm will come in as soon as you sit down to eat. The risk is doubled if it's hot food.

During a recent shift, the crew picked up dinner at Panera Bread and brought it back to headquarters. No sooner did they take their seats than an alarm sounded and they had to rush out the door and leave their meal behind.

The report was that an elderly woman was feeling weak and light-headed. They went to her home, checked her vital signs, and took her to Hartford Hospital for evaluation and treatment.

Clark drove while Patel and Gonzalez tended to the patient. The driver not only has to handle the steering wheel, she has to operate the siren and manually sound a piercing air horn at intersections to make sure cars wait and let them pass safely.

Most drivers pulled over as required by law to allow the ambulance to pass them without a problem. Clark was asked if some motorists refuse to do so or even pull in front of the ambulance coming out of another street.

"All the time," she said.

Hartford Hospital's emergency room is so busy that stretchers and EMTs were lined up in the hallway waiting for examination rooms to become available. Only "hot" cases, those deemed the most serious, get immediate attention.

"The majority of the calls we have in town are elderly, but we do get our fair share of car accidents and people having difficulty breathing," Clark said.

"There has been an increase in drug overdoses over the last several years," she added.

WVAA members carry the opioid drug antidote Narcan and are trained in its proper use. Another part of their equipment is military-grade laptop computers called Toughbooks.

Once the patient was registered in the emergency room the crew headed back to Wethersfield. Dinner was still sitting on the table. That air horn came in handy when a light turned from red to green and the car in front of them didn't move because the driver was fooling around with his cell phone.

After enjoying a mere mouthful or two, the crew had to respond to another alarm for a woman who was reported to have difficulty breathing and being unresponsive.

Paramedics from Aetna joined them and, after stabilizing the patient, they transported her to the hospital. She swung back and forth from being unresponsive to belligerent. They kept urging her not to close her eyes and fall asleep until they could gain a better idea of the nature of her problem.

This was a hot call so an exam room and ER staff were ready and

waiting upon arrival. When the crew returned to headquarters they were finally able to enjoy their meals.

McMahon was there to greet them. He joined the WVAA in 1984 and was reelected chief this past November.

"I was the chief back in the 1980s," he said. McMahon said the alleged actions of prior chief Philip Lombardo "put our very existence in jeopardy."

Most of the money to keep the

service going has to be raised through insurance billing and private donations. The latter is driven by an annual town-wide mail solicitation.

Unlike the police and fire departments, WVAA is not a town agency, so government funding is limited. The association needs to use its own funds for equipment, including buying ambulances.

It pays rent for its municipally owned building but the town does

pick up the cost of maintenance and repairs. Local government also provides the volunteer EMTs with worker's compensation insurance if they are injured while on duty and pays for fuel for the ambulances.

McMahon isn't complaining.

"The town has been good to us," he said.

The whole concept behind the WVAA is to serve the community in any way it can from a medical perspective. It offers CPR classes, first aid classes and EMT classes to those who are interested.

"We do everything we possibly can to make their lives better," he said. "We have very good EMTs here, we have a good board of directors. Things are looking up."

In addition to McMahon and Clark, the other board members elected April 19 are: Kevin Clark, assistant chief of operations; Becky Neuman, recording secretary; Edisio Vieira, treasurer; Shelby Smith and Courtney Cudmore, directors at large.

Anyone interested in joining the WVAA may call 860-529-8022 or 860-578-7683 or email [wethersfield-ems@gmail.com](mailto:wethersfield-ems@gmail.com). **WL**

Kelly-Ann Clark prepares the stretcher while two fellow EMTs are inside the home assessing the condition of an elderly woman.




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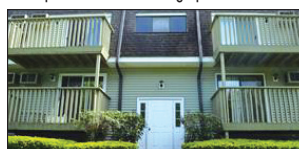
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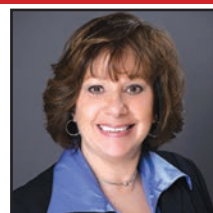
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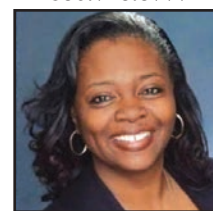
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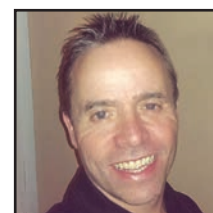
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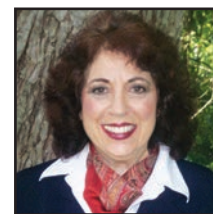
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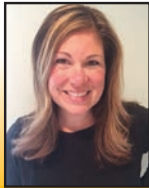
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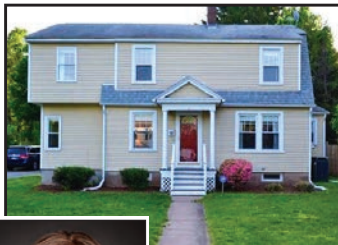


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# Slice of LIFE

photos by Lisa Brisson



## Fireworks light the night

**1.** Members of the board of directors of the Wethersfield Chamber of Commerce sell pizza slices and kettle corn as part of their fundraiser to fund next year's annual fireworks celebration at Cove Park. **2.** The 4th Annual Fireworks Celebration sponsored by the Wethersfield Chamber of Commerce brought out thousands of folks looking to eat good food, find out about local businesses, dance and sing and watch a spectacular fireworks show. Children gather around the microphone to sing "Party in the USA." **3.** Cousins Leah Scott, 5, and Ariana Jackson, 3, show off their colorful face painting designs created by Fun-E-Faces. **4.** The Col. John Chester Fife and Drum Corps was on hand to play patriotic songs prior to the start of the fireworks spectacular. **5.** Fever, a funk, jazz and rock band based in town, gets the crowd moving. **6.** The Wethersfield Police Department Cadets were on hand to make sure the event ran smoothly. **7.** Parents and students from Hanmer School gather to enjoy the evening. **8.** Peter O'Keefe and Art Abronzino, members of the Wethersfield Chamber of Commerce board of directors, pop up another batch of kettle corn. **9.** Jeylanie Pedraza, 8, climbs up the rock wall challenge. **10.** Jake Anderson, 2, checks out the Dalmatian face painting that Katie Sullivan painted on his face. **11.** Christina Leal and her 1-year-old daughter Mia meet the star of the children's book "If You Give A Mouse A Cookie." Teen Librarian Alyssa Skorski served as the mouse. **12.** Charles Wright School sixth-graders and pals Gabby Szwed, 11, Camryn Sapere, 11, and Deyma Pedraza, 12, hang out together. **13.** Children have a blast competing in the limbo contest. **14.** Justin Ramirez, 4, dances the night away. **15.** Axel Andrews, 5, shows off his Batman smile as he was about to dig into a platter of chicken tenders.



# Slice of LIFE

photos by Lisa Brisson



The Wethersfield Academy for the Arts held its 3rd Annual Artwalk open house and sale event at its 431 Hartford Ave. art school and gallery. The day-long event featured local and area artists showcasing their creations and tours of the gallery.

## Third annual artwalk event

**1.** The Wethersfield Academy for the Arts was abuzz with art-loving visitors during the 3rd Annual Artwalk. **2.** Board of governors members Jim Mayo, Megin Farrell and Treasurer Irene Braren make sure the event runs smoothly. **3.** Knitting teacher Lynn Payette knits while sitting at her daughter's booth. **4.** Douglas Buck makes a sale of an antique lead crystal bottle to Rose Pysh. **5.** Mark Bentz arranges the self-watering pottery planters he created. **6.** Nadiya LaBelle and her 4-year-old son Mickey try out one of the unique wooden benches crafted by DePercio Woodworking. **7.** Robin Neary poses with some of her beaded jewelry creations for sale in her Birdee's Bead booth.

# Off to Austria

Donald Crabtree goes to Special Olympics games as part of Law Enforcement Torch Run

by Mark Jahne  
Editor

Police departments all over the United States support the Special Olympics program. One of the things they do each year in Connecticut is participate in a torch run from town to town, just like the path taken for centuries by the Olympic flame.

Lt. Donald Crabtree of the Wethersfield Police Department is a longtime supporter and torch runner. He became so heavily involved over the years that Special Olympics Connecticut asked him to represent police departments from Connecticut and the rest of the United States at the recent Winter World Games in Austria.

He ran the final leg of the torch run with other police officers from around the world to help kick off the games. Crabtree has been a Special Olympics volunteer for more than 20 years and is one of the Torch Run program's executive directors.

A total of 84 officers representing 24 countries and 43 American

states took turns running through 49 cities and towns in Austria carrying the "flame of hope" to raise awareness of the games. He was there for two weeks.

Opening ceremonies were held at WM-Stadium Planai in Schladming. Three of the athletes were Connecticut residents. They competed in Alpine skiing, cross-country skiing and snowshoeing.

Crabtree joined the local police force in 1995 and served as a patrol

officer, detective, sergeant and training sergeant before rising to his current rank of lieutenant. He commands the department's Administrative Services Division.

"I'm the co-director for the torch run council for the state," he said.

This year's run took place in early June over the course of three days. He and other local officers ran the torch along the Silas Deane Highway June 8.

He was asked why he became so committed to the Special Olympics.

"Once you start meeting some of the athletes, you really get hooked," Crabtree said. "I've met great people over the years."

He truly enjoys getting to know the athletes and their families. Special Olympics Connecticut invited him to travel with the team to Austria and they ran through multiple towns before arriving at the stadium where the main events were held.

The torch was always carried by two people, an athlete paired with a police officer. SOCT paid for his trip and uniform.

"I was the representative for the state of Connecticut. It was basically

10 days of running," he said.

"It was a once-in-a-lifetime opportunity. It was gorgeous. We saw a lot. We were in towns that dated from the Roman Empire. We raised a lot of awareness for the Special Olympics."

Special Olympics Connecticut sent three athletes and one staff member to the games. There were 10 teams and each had one athlete assigned to the torch run.

There were ceremonies in all of the towns they passed through and the local police chief and burgermeister (mayor) were always a part of the festivities. Crabtree came home with a police hat given to him by an Austrian officer.

"The first couple of days, it rained," he recalled. "We traveled on buses everywhere" when they were not running. Only one member of the group spoke German, the common language of Austria.

"It was a good time. The experience was unbelievable," he said.

Once everyone converged and the games began there were hundreds of athletes in competition and thousands of people cheering them on. **WL**



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Stepping out

## News roundup

### New officers join force

Two new officers recently joined the Wethersfield Police Department. James Buyak, left and Richard Holton were sworn in May 27 by Assistant Town Clerk Susan Schroeder.

While they are new to Wethersfield, these men are not new to law enforcement. Both recently retired from the Hartford Police Department, Buyak at the rank of captain and Holton at the rank of sergeant.

They bring a combined 43 years of experience to town. Hiring already certified officers is a significant financial savings for the town because it does not have to pay for them to attend six months of recruit training at the municipal POST academy in Meriden.

### Tony DiCicco dies

He started out as a soccer star at Wethersfield High School and went on to international fame in the sport he loved. Town native Tony DiCicco died June 19 at the age of 68.

DiCicco was the coach of the U.S. women's team that won a gold medal at the Summer Olympics in 1996, the first year that women's soccer was recognized as an Olympic sport, and the Women's World Cup in 1999. He was inducted into the National Soccer Hall of Fame five years ago.

### Enjoy outdoor music

The Wethersfield Historical Society presents its annual Keeney Koolers

summer outdoor concert series beginning July 11 with the Number Nine band. Small Town Roots perform on July 18 and the Shaded Soul Band is scheduled for July 25. All shows begin at 6:30 p.m.

All three concerts are free and will be held outside the Keeney Memorial Cultural Center, 200 Main St. They are sponsored by the Robert Allan Keeney Memorial Fund at the Hartford Foundation for Public Giving. For more information call 860-529-7656 or see [wethersfieldhistory.org](http://wethersfieldhistory.org).

### Stepping out

The Wethersfield High School Dance Team marched in the town's annual Memorial Day Parade on May 27.

### See art at the library

Paintings by local artist Lois Stefano are on display at Wethersfield Library through the end of August. Her exhibit includes landscapes, still life and portraits.

The library will be closed on Sundays during the months of July and August. Summer hours are 10 a.m. to 9 p.m. Monday, Tuesday and Thursday, and 10 a.m. to 5 p.m. Wednesday, Friday and Saturday.

### Keeney Kids returns

The Wethersfield Historical Society proudly presents its summer Keeney Kids history program, "Life Giving Waters: its River Communities in Wethersfield." Children entering grades 1-8 will learn by doing that

history is fun.

Keeney Kids will explore Wethersfield history through activities, tours, stories and games at the Wethersfield Museum in the Keeney Memorial Cultural Center and surrounding historic sites. Program dates are July 24-27.

The program fee is \$60 for historical society members and \$75 for non-members. After July 14, the price will increase to \$80 for members and \$95 for non-members. Enrollment is on a first-come, first-served basis. For more information call 860-529-7656 or visit [wethersfieldhistory.org](http://wethersfieldhistory.org).

### Children enjoy fishing derby

The town Parks and Recreation Department, in collaboration with the Metropolitan District Commission, UNICO of Wethersfield and the Wethersfield Game Club, sponsored the 7th Annual Good 'Ole Fishing Derby at the Spring Street

Pond. There were 115 youth registered for the event and they caught 84 fish.

Grades 5-6 grade winners included Fejzo Akaratovic, Francesca Levesque, Delaney Speed, Logan Muscillo and Kyla Brogan. During the second session for grades 2-4 Adriana Sansabrino, Andrew Reno, Sam Gilbert, Erica Fettig and Damian Sardo all caught fish. Morgan Jodoin hooked the most unusual for catching an eel and Jose Santo netted five fish in total.

Other successful fishermen included Jake Costello, Eliana DiMauro, Troy Duelm, Emma Recknagel and Charlie Malino.

### Pay library fines with food

Residents will be able to pay off their overdue fines at the Wethersfield Library this summer by bringing in non-perishable food items to donate to the town Food Bank. Please check for expiration dates and donate only



New officers join force

fresh items.

The Food for Fines program will run from July 1-31. Food may not be used to pay for lost or damaged library materials. The library is located at 515 Silas Deane Highway in the town hall complex.

### Baking for a cause

Four fourth grade students at Highcrest School recently formed a baking group to produce what they call "Cookies for Cancer." They are selling a variety of cookies and donating the proceeds to cancer research. Olivia Murrihy, Lia Rubbo, Julia Daly and Jiana Fleury have already raised \$200.

### WDS Museum wins award

The Webb-Deane-Stevens Museum was selected to receive the Connecticut League of History Organizations Award of Merit for its 2016 exhibit, "Wallace Nutting: Preservation Pioneer." The award is considered a prestigious recognition for achievement in the preservation and interpretation of Connecticut history.

This exhibit was curated by

Webb-Deane-Stevens Museum Executive Director Charles Lyle to commemorate Nutting's restoration and opening of the Webb House to the public July 4, 1916, and to raise awareness of Nutting's contributions to the preservation and appreciation of Colonial American homes and furniture.

### WVAA keeps busy

The Wethersfield Volunteer Ambulance Association responded to 43 calls for service during the month of May. They included 16 basic life transports and 16 advanced life support transports to area hospitals.

WVAA EMTs provided 1,059 hours of volunteer service to the town that month. They also conducted two free CPR classes for the general public and certified 15 people in this life-saving skill.

### Clarification

A story in last month's issue about Wethersfield Dollars for Scholars requires some correction and clarification. While the statement that there are several criteria involved in



Baking for a cause

judging the applications is true, it should be noted that financial need is the most important among them. DFS applications can only be accessed online; they are no longer

available in the high school guidance office. Finally, named scholarships come in a wide variety of monetary amounts and are not fixed at \$750, as reported in the story. **WL**

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# July calendar

Su	Mo	Tu	We	Th	Fr	Sa
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**6 Walking Tour of Old Wethersfield**, 6 p.m., Keeney Memorial Cultural Center, 200 Main St., 860-529-7656 or wethersfieldhistory.org

**Teen Sharpie Tie Dye**, 6:30 p.m., for grades 7-12, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

**7 The Reality of Exotic Pet Care**, 10:30 a.m., for grades 7-12, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

**8 Saturday Cinema**, 1:30 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

**150 Prospect Coffeehouse**, 6:30 p.m., Wethersfield United Methodist Church, 150 Prospect St., 860-614-5158 or tanjam@comcast.net

**11 Number Nine in Concert**, 6:30 p.m., Keeney Memorial Cultural Center, 200 Main St., 860-529-7656 or wethersfieldhistory.org

**18 Small Town Roots in Concert**, 6:30 p.m., Keeney Memorial Cultural Center, 200 Main St., 860-529-7656 or wethersfieldhistory.org

**25 Shaded Soul Band in Concert**, 6:30 p.m., Keeney Memorial Cultural Center, 200 Main St., 860-529-7656 or wethersfieldhistory.org

*Is your club, community organization, school or house of worship holding an event open to the general public? If so, please send us the details for inclusion in our calendar. Email your events to Mark Jahne at [mjahne@turleyct.com](mailto:mjahne@turleyct.com) or mail them to Turley CT Community Publications, 540 Hopmeadow St., Simsbury, CT 06070.*

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COMMUNITY PUBLICATIONS



**Editor's Note:** This month we continue a new segment of our publications dedicated to highlighting the thoughts and ideas of our younger readers. In the pages that follow, students from the Wethersfield Public Schools were asked to share through writing details of activities taking place in their schools, as well as their perspective on their lives. Look for these pages every month to hear more "Kids Voices."

## Memorial Day by Samuel Logan

**T**o many, Memorial Day means a day off from school or a BBQ at your neighbor's house. However, to myself, Memorial Day is a celebration and a thank you to those who served in the armed forces and for our freedoms.

It is a day to appreciate those who gave their lives for our country. Every country and every culture has a different way to appreciate the fallen who fought for them. Memorial Day is the American way in doing so.

America's history with commemorating the fallen goes all the way back to the Revolutionary War when soldiers' tombs would be decorated with flowers. Although they did not do this on the same date as we do today, they did it for the same purpose – to say thanks and reflect on their sacrifices, as well as appreciate the freedoms that they fought for.

My house is in a location where the Memorial Day Parade goes by every year. I have set up chairs in my yard each year to watch it. It is a day where the whole community comes together as one.

Memorial Day is less a time or place and more of an idea, an idea that represents America and what we stand for, an idea that so many fought for. I hope that you decide to look at Memorial Day as less of a day off and more of a thank you to those who fought for our flag and country.



## Have we met? by Taylor Wallowitz

**I**magine being able to have another you. An exact duplicate, like a twin you never had, but with no differences of any kind in how you look. With today's technology, this is possible.

This may sound cool but it also has many downsides and problems. I believe that cloning in humans should not be allowed for several reasons, including the emotional problems that can result from cloning a loved one. In addition to that, there are many things that can go wrong with cloning; for example, having an abnormal baby.

Your brother dies in a car crash. You and your family are devastated but are more than happy to find out that there is a way to bring him back. You clone your brother and soon enough he's back in your home.

But this isn't really your brother, the one you grew up with for your entire life, who makes funny jokes and loves you, and is a hard-working student who helps you with your schoolwork. This is a completely different person who simply looks like him.

## 11 Critical home inspection

Traps to be aware of before listing your Wethersfield home

**W**ETHERSFIELD - Newmarket - According to industry experts, there are over 33 physical

problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the home inspector flags these issues

for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-597-7893 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

This report is courtesy of Sanam Solati Yurczyk, REALTOR®, EXIT Realty Black Rock. Not intended to solicit properties already listed for sale.

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This could be very hard on you and your family when you fully realize that this isn't your brother or son and that the one you love can never come back to life. Along with that, imagine how the clone must feel.

"What kind of pressures will he or she feel, knowing they were made as a direct replacement for another? It is a human experiment doomed to failure because the child will not be identical in every way, despite the hopes of the parents." (globalchange.com)

Would you want to grow up knowing your parents only wanted you so you could become someone else? Would like feel like you can say what you want, or act like you want, or be who you truly are?

Most of all, you might not think that your family loves you. You would know your family loved the person you were cloned to look like, but not necessarily the person you are.

There is always a worry in parents that something could be wrong with their child. With cloning, the chance of that is higher than ever. "A particular worry is the possibility that the genetic material used from the adult will continue to age so that the genes in a newborn baby could be, say, 30 years old or more on the day of birth." (globalchange.com)

How weird would it be to have a baby that is internally 30 years old? Along with this there can be many health risks including abnormality of blood cell production, severe lung disease, and other problems that can be seen before the baby is born.

Why risk cloning if there's a high chance of your child having multiple medical problems? It would be hard on you and your child and just isn't worth it.

Some people think that cloning is a good idea, one of the reasons being that an infertile couple (meaning a couple who cannot have a child themselves) can have a child with their genes. This may seem like a good solution, and could be great for a couple for whom it actually works, but there is a very low chance of that happening.

Also, for each embryo that does not work, a child is dying. By trying to make one baby multiple could die in the process.

In conclusion, cloning really isn't as amazing as it seems. With the emotional problems that can occur,

along with the possible health risks, it's just not worth it. Also the fact that all those babies are killed when the embryos don't work.

Cloning? Maybe it's time to think twice.



### Keeping streets safe

by Natalie Ciarcia

I am a high school senior who watches two Charles Wright Elementary School students after school. If the weather is nice, the youngest son will ride his bike home.

The streets get very hectic around 2 o'clock when Wethersfield Public Schools start being dismissed. I, for one, would not want to see someone get injured because a car and a bicycle can't share the roads.

Mr. Brown, a science teacher here at Wethersfield High School, advocates for the Complete Streets movement and his quote in this article caught my eye. He stated that, "It's not just cars versus bikes. We would just like you to see us."

Whether it is on the road or on the sidewalk, people don't like to share. I don't want to see someone of any age get injured due to an accident caused by miscommunication.

Complete Streets is a way for everyday people who don't necessarily drive a car be able to have a safe way to get around without their safety being in jeopardy. Biking has been a popular activity for people of all ages and abilities for many years and to finally have a safe option to getting around town is incredible.



### Helping cyclists helps everyone

by Peter Skowronek

I am a senior at Wethersfield High School and I thought the article "Promoting the Outdoors" (May issue) was very alluring. I had no idea that there were this many people all over Connecticut who want to be involved in making a change in the community.

As reported, "People from 15 towns showed up and they formed a new organization called Ride CT. This organization is focused on making it safer and efficient for bike riders. Complete Streets would help this cause by making people including cyclists, pedestrians, motorists and transit riders feel more secure."

There were even people from my town including one of my former teachers, Mr. Brown. I know Mr. Brown has a passion for bike riding, but I wasn't aware that he put forward his time and effort into bike clubs.

As reported, "He looks forward to the completion of the bike and walking path on the Glastonbury side of the Putnam Bridge." Mr. Brown should be commended, as he is motivated to help students both in the classroom and out, as well as other students.

Many people are definitely looking forward to a sidewalk to Glastonbury; this would allow us to explore new areas. I'm curious as to how that sidewalk would be built. Where would the bikers and pedestrians start because it doesn't seem like there would be enough room for a sidewalk.

In closing, helping cyclists will help improve the lives of everyone.



### Promoting the Outdoors

by Matthew Stefanik

I am a fellow bike rider and a part of the biking community. I am a senior at Wethersfield High School and I enjoy riding my bike in the summer with my friends to explore new areas we've never seen before.

Not only is it exercise for us, but we get to experience things we've never experienced before. I am a strong believer that riding bikes instead of cars for short distances is a great way to conserve energy and gas, as well as reducing the CO2 emissions into the atmosphere.

There are many pros to bike riding but there are also cons and I'm going to play the devil's advocate to show you the cons.

Many bikers believe they should be equally treated as cars are because they need safety, too. I disagree with this for multiple reasons. The first is that bikes will never be able to keep up with cars so they are at high danger being around fast-moving vehicles.

They can take all of the precautions they want but their fate is always in the motor vehicle's hands. I also firmly believe that if more people switch to bikes they could slow traffic and cause jams on main roadways if there isn't a bike lane.

Overall, riding bikes are great for the environment and health of the atmosphere, but we need to keep in mind that not everyone thinks that way, so you need to be very careful of other vehicles, and if you ride a bike on a main road, do it at your own risk.



## Safety is an issue

by Nicole Arcari

**I** am currently a senior attending Wethersfield High School and have many younger relatives and friends throughout the Wethersfield school community. I am writing this letter about the article I read in class, "Promoting the Outdoors" by Mark Jahne.

After reading this article, it made me realize how relevant the issue of safety really is.

The traffic on Wells Road when school is let out is anything but calm and I can see how safety is a prominent issue and paramount to be

mindful of. I can understand why some parents might be nervous if their child walks or rides home, especially because of the school traffic from the high school and Emerson-Williams School.

Mr. Brown, a teacher here at WHS who is also involved in this movement says, "It's not cars versus bikes. We would just like you to see us."

This quote relates to how cars do not like to share the road with anyone, never mind bicyclists or walkers, so in order to make things safer I think we need more bike lanes, paths, or even sidewalks to keep cyclists and walkers safe.

My younger cousin who currently attends Emerson-Williams walks or rides his bike home when the weather is nice. He has to utilize a path that connects Emerson to Western Boulevard and this path is a disaster. The path is not well paved anymore and it is quite dangerous.

In fact, my friend's father fell while riding his bike on this exact path and ended up needing reconstructive surgery on his mouth. This shows that our bike paths need to be maintained and modified to be safer.



## Time to reduce riding risk

by Olivia McGrath

**I** am a senior at WHS and I just read the article "Promoting the Outdoors." This article informed me and made me think about how dangerous some of the town roads are for walkers, runners and bikers.

Who doesn't enjoy getting some fresh air by going out on a bike ride or going for a walk? But it is at a risk.

The article discussed the Folly Brook trail and how much the passionate cyclists love to use it. I appreciate that the town is working to improve the conditions for bikers by repaving trails such as the one

behind Emerson-Williams.

Before, that trail was very uneven and dangerous. My dad even had a cycling accident on that trail due to the terrible conditions, resulting in his having to get plastic surgery on his face.

The article also talked about the numerous bike and walking clubs in our town and the surrounding towns. I didn't know about any of those clubs until reading this article.

By having their names in this paper hopefully more people who also hadn't heard about it come out and become members. Pedestrians, runners and cyclists should all have the luxury of feeling safe and secure in this town and I hope to see continued work on all roads to enhance the experience for all to enjoy. **WL**

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# People notes

**1. Kaleigh Hart**, a senior at Wethersfield High School, will continue her basketball career at Bay Path University next school year. Kaleigh was a four-year member of the girls basketball team and helped lead the Eagles to a divisional title in 2016 and was named to the CCC All-Academic Team. She was also a member of the volleyball and track and field teams and participated in Unified Sports.

**2. Amie Conner and Luie Lugo** were married June 3 at Avon Old Farms Hotel. The bride is the daughter of Sharyn and the late Richard Conner. The groom is the son of Mary Lou Lugo and Pedro Lugo. The bride graduated from the University of Central Florida with a bachelor of fine arts degree and Southern Utah University with a master of fine arts degree in arts administration. The groom is certified in both Microsoft and Apple platform administration. They work at the Bushnell Center for the Performing Arts and Aetna, respectively. The couple lives in Wethersfield with their dog, Pumpkin.

**3. Madeline Paine**, 10, was selected as a state finalist for the National American Miss Southern New England Pageant to be held in July in Springfield, Mass. She will compete in the pre-teen division.

**4. Megan Faver Hartline** was named the new associate director of the Community Learning Initiative

at Trinity College in Hartford.

**5. Kristina Tougas** graduated from Columbia University with a bachelor of arts degree in architecture with a minor in sustainable development. She was valedictorian of the Class of 2013 at Wethersfield High School and is working as a project engineer at Skanska USA in New York City.

The following Wethersfield residents were honored at Mercy High School: **Molly Codeanne**, Connecticut Association of Schools Award; **Grace Marino**, Connecticut Association of Schools Award, UNICO Scholarship and Wethersfield Chamber of Commerce Scholarship; **Olivia Porriello**, Connecticut Association of Schools Award, President's Education Award and Theater Award.

**Thomas Betts, Alessia Caruso, Amanda Civitello, Charlotte Cyr, Harim Hahn, Elizabeth Hammer, Max-William Kanz, David Marottolo, Matthew Marottolo, Ambika Natarajan, Amirta Natarajan, Taline Norsigian and Adam Ovian** were named to the honor roll at Kingswood Oxford School.

The following were named students of the trimester at Silas Deane Middle School. Grade 7: **Olivia Amodeo, Mackenzi Banet, Joseph Bellas, Molly Bowers, Andrea Buzas, Minh Dinh, Liliana Garcia, Irma Guster, Ava**



**Heimgartner, Emma Hucks, Max Langdon, Grace Lisella, Logan Lisella, Lola Lombardo, Taylor Moran, Matthew Pierce, Amalia Santos, Anisa Tapia and Anisa Zoto.** Grade 8: **Gabriella Amoddio, Crystalee Arroyo, Erica Christie, Hadden Gaunt, Helen Krawczyk, Max Luna, Alison Monroe, Sean Moquin, Carrie Nguyen, Madison Righi, Autumn Sankofa, Ethan Sitler, Kathleen Sullivan, Ana Villagra, Gabriela Villagra, Xavier White, Riley Wilhelm, Ella Zagaja and Natalie Zwick.**

**Megan Lemieux and Nicole Varca** were named to the dean's list at Emmanuel College.

**Chloe Knapp and Caroline Schryver** were named to the dean's list at the University of Vermont.

The following Wethersfield residents were honored at a recent prize ceremony at Kingswood Oxford School: **Amanda Civitello**, William Ainsworth Greene Memorial Prize; **Elizabeth Hammer**, Smith College Book Award; **David Marrottolo**, Harvard-Radcliffe Club of Northern Connecticut Prize and the Edith and Saul Shulansky Performing Arts Award; **Ambika Natarajan**, Abraham Kopplemann Prize.

**Kelli Anderson** graduated from the University of New Hampshire with a B.A. degree in political science.

**Abigail Vermeal** was named to the dean's list at Hartwick College.

**Marissa Gonzalez** was inducted into Psi Chi, the psychology honor

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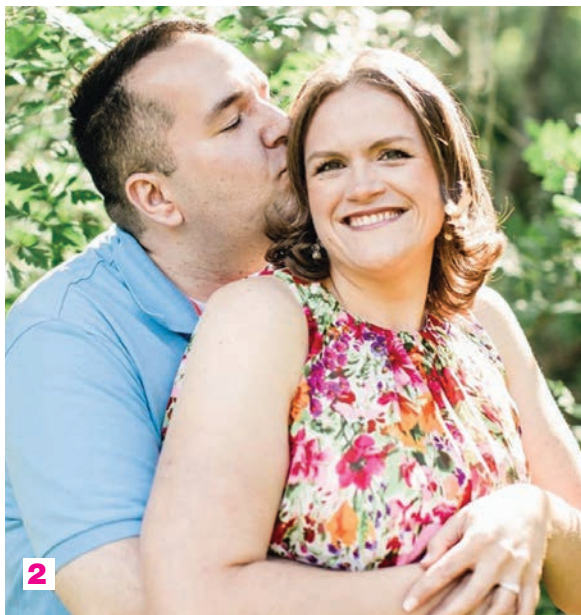
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society, at Providence College. She was also named to the dean's list. **Gina Lanzano** earned the dean's prize for literary and cultural studies at Western New England University. **Gabriela Rizzo-Velez** was named to the dean's list for both the fall and spring semesters at Central Connecticut State University. **Tashia Davis** has earned a bachelor of science degree in human services



from Springfield College. **Maeve Walsh** earned a bachelor of arts degree in English from St. Lawrence University. **Jonathan Caraballo** was named to the dean's list at Springfield College. **Megan Lemieux** earned a bachelor of arts degree in English – communication and media studies from Emmanuel College. **Susan Kieselback** earned a bache-



lor of arts degree in liberal studies from Emmanuel College. **Brianna Godlewski** graduated from Union College with a bachelor of science degree, cum laude, in biology. **Matthew Wilson** graduated summa cum laude from American University with dual bachelor of arts degrees in political science and economics. He also earned university honors in



political science. **Leah MacFarlane, Elizabeth Neilan** and **John Foster** were named to the dean's list at the University of Scranton. **Lauren Kelly** was named to the president's list at Siena College. **Claudia Barone** was named to the dean's list at Mount Ida College. **Taylor Scutari** was named to the dean's list at Hofstra University. **WL**

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# The Best Medicine

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# Bite by bite

Eating mindfully is about more than  
what goes into your mouth

by Mara Dresner  
Staff Writer

**D**o you ever find yourself looking at an empty pint of ice cream or candy wrapper and wondering just where it all went? In our technologically connected, go-go-go world, it can be challenging to slow down enough to really experience what we're eating.

Mindfulness guru Jon Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, has an exercise where he has students eat a single raisin, a process that can take several minutes.

"I love Jon Kabat-Zinn's definition on mindfulness, 'Bringing awareness to the present moment without judgment.' I find it can be most helpful to utilize our five senses to do this. In today's society teeming with technology, mindfulness is more important than ever. When we are mindful, we have a much better chance of determining what we need. This is so important with mindful eating. So many folks start tearing open their large family-size bags of chips or cookies and begin the mindless pursuit of shoveling one chip or cookie into their mouths

with little recognition of this behavior. Only when the bag is empty, do they realize what they have done," Theresa Nygren, LCSW of The Mindful Self-Compassionate Way in Farmington, said.

"Mindful eating is a wonderful practice to notice the hunger and then determine what the body really craves. During mindful eating, attention is paid to the taste, texture and colors of food. Eating mindfully naturally allows the body to sense when it has had enough, which can help reduce the amount consumed. In our previous groups, participants are always surprised that when eating mindfully, they even tend to leave something on their plate. They have a much easier time determining when they have reached a comfortable place of fullness and can push away from the table before becoming

overly stuffed."

It's also about being conscious of what it took to get the food to your plate.

"Before eating begins, bring recognition to all of the hands that were involved in getting this food to your plate. These include the growers, truckers, supermarket folks, etc.," Nygren noted.

Mindful eating doesn't have to be a formal program. It can simply be a more conscious way to look at food.

"Mindfulness is being present in the moment and fully aware of what you are doing and why. Mindful eating is the basis of a healthy relationship with food. It is paying attention to not only what you are eating, but how much, how fast and why. It is fully enjoying the tastes and smells of the food, and eating to nourish the

## The Best Medicine

body. When beginning to eat more mindfully, one must slow down and make eating an activity separate from all others. Mindful eating is eating when you are truly hungry, not stressed, upset or bored, and stopping when you are satisfied, not stuffed or sick,” Jacqui Campbell, MS, RD, CDN, of Bordeaux Nutrition LLC in Newington, explained.

“Mindless eating is what happens when we are rushed and eating on the go, or when we sit down in front of the TV after a stressful day. This often leads to making poor food choices, overeating and the myriad of health effects that come with those choices,” Jackie Stevenson, DTR, also of Bordeaux Nutrition, added.

“Mindful eating is focusing on the food and enjoying it, chewing slowly, pausing in between bites, and listening to your body to fullness cues and how specific foods make you feel. Eating more mindfully can bring more joy to this daily activity, and, by listening to your

body, will help you naturally maintain a proper weight and improved health.”

Truly eating mindfully can be a challenge, so you may want to start incrementally.

“Start with something small like a snack or cup of coffee. Try not to be reading the paper when you’re doing that to see how different it feels. What we’re trying to do is slow people down,” Sharon Gutterman, Ph.D., of Mindful Wow! in West Hartford said. “Other things that help people slow down are to put your fork down between bites or to try eating a meal with chopsticks. Slowing down helps us with savoring and, when we begin this, we can pay attention to when we really are full. Otherwise, it’s as if we haven’t eaten.”

Eating with your non-dominant hand is another technique to try.

“When we eat really in the present moment – you can’t eat in the past, you can’t eat in the future – all the senses can be engaged right now in this present moment. You can’t do

this every single time with every single thing we eat,” Gutterman said. “It’s helpful to be aware, smelling our food, tasting our food, hearing the crunch of the food, savoring the flavors. Having gratitude for this food and how it came to us, for the sunshine and the rain, the growers and the truckers, the package designers, the food, to me then becomes elevated from an ordinary experience to something quite extraordinary.”

Nygren noted that the process of eating mindfully begins before you even sit down for a meal.

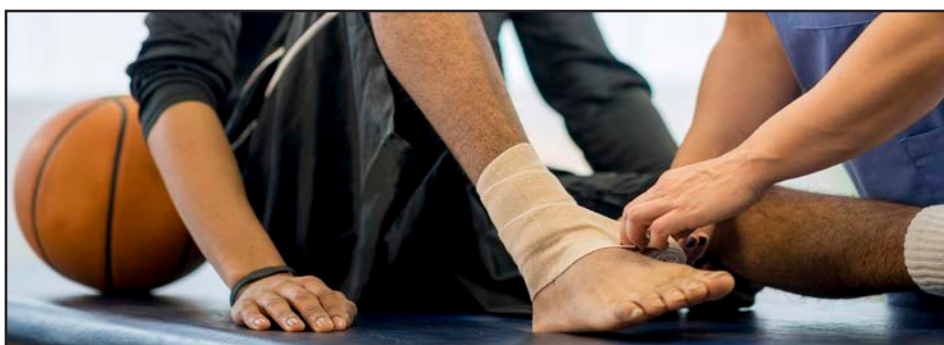
“In order to experiment with eating more mindfully, it is probably best to select one meal a day to practice this new behavior, perhaps selecting a meal where there is a bit more time to slow things down. Before meal time begins, it can help to notice on a scale of one to 10 of how hungry you are. Is it the clock that signals it is time to eat? Or is it your stomach that is growling with the beginning signal of needing some fuel for your body? If you are

eating according to clock time and can put off eating until true hunger shows up, give more time for your body to guide you.

“Our bodies hold the wisdom, but we as a society are often so disconnected from the messages while at the same time having an inner dialogue attacking our bodies in some ways. The litany goes like this, ‘How did I ever get so fat? I hate my belly. My thighs are enormous. My stomach is disgusting.’ You get the picture. Befriending our bodies is so important in this process of becoming more mindful,” she said.

“So, once you are tending to true hunger, arrange a plate with a colorful array of whole foods. Then notice how your food looks. As you take your first bite, really enjoy the burst of flavors as you slowly chew this mouthful of food. Is it salty, sweet, sour?

“Placing the fork down between bites can help facilitate this mindful practice. Perhaps while your fork rests on the table, it would be a good



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**“Eating more mindfully can bring more joy to this daily activity, and by listening to your body will help you naturally maintain a proper weight and improved health.”**

**– Jackie Stevenson**



time for a deep belly breath,” she continued. “As you consume your meal, keep checking in with your belly regularly to see if it is signaling it has had enough. Can you pause when you get this signal? So many Americans just keep on eating until their plates are clean as a whistle. Let your stomach be your guide. Eating in this fashion can aid digestion, release weight and increase a positive frame of mind.”

And mindfulness – and its benefits – reach far beyond the dining room table.

“Living mindfully to me is about being as aware as I can to what’s going on within and around me. As an example, this morning when I was walking, I spontaneously began to say to myself, ‘Right now, I feel the sun on my head. I feel this cold breeze. I can tell my legs know how to walk and

I am grateful for that.

“My haircut feels so good. Am I satisfied? And that’s huge for me to ask. Right now I am smiling.’ It’s coming back to what my senses and thoughts and feelings are telling me right now,” Gutterman explained.

She noted that many people live in the future, worrying about the “what if.” Others ruminate about the past, focusing on the “if only.”

She said that living mindfully helps us be cognizant of those patterns.

“When I’m aware I’m somewhere not wholesome or healthy or doing me much good,” she said, “I just remind myself what I have is breathing moment to moment.” **TBM**

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## Did you know?



According to the National Osteoporosis Foundation, certain factors make women more likely than men to develop osteoporosis, a bone disease that occurs when the body loses too much bone, produces too little bone or both.

One such factor is that women tend to have smaller, thinner bones than men. Another reason women are more vulnerable to osteoporosis than men concerns the hormone estrogen. Estrogen is a hormone in women that serves many functions,

one of which includes protecting bones. Production of estrogen decreases sharply when women reach menopause, the period in a woman’s life when she ceases menstruating.

The National Institute on Aging notes that the average woman has her final period at age 51. Once women reach menopause, the accompanying decline in estrogen production can cause bone loss.

This is one reason why women’s risk for osteoporosis increases after menopause and why recommended intake of calcium and vitamin D, both of which can help women prevent osteoporosis, is different for women age 50 and below than it is for women age 51 and older.



Music may have the ability to soothe, heal and inspire physical activity.

## How music may improve health

**P**lato said, “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” Music often communicates messages that are not easily expressed, which is one reason why music is such an integral part of so many people’s lives.

While many people love music for its entertainment value, there is growing evidence that music can be good for overall health as well. A study from researchers at the Cleveland Clinic focused on the use of music for brain surgery patients who must be awake during their pro-

cedures. Researchers found that music enabled the patients to manage anxiety, reduce pain and relax more fully during their procedures.

In a study titled, “The effect of music intervention in stress response to cardiac surgery in a randomized clinical trial,” a team of Swedish researchers measured serum cortisol, heart rate, respiratory rate, mean arterial pressure, arterial oxygen tension, arterial oxygen saturation, and subjective pain and anxiety levels for patients who had undergone cardiothoracic surgery.

Those who were allowed to listen to music during recuperation and bed rest had lower cortisol levels than those who rested without music.

Many doctors now play music while operating or enable patients to listen to music to calm their nerves during in-office procedures.

According to Caring Voice Coalition, an organization dedicated to improving the lives of patients with chronic illnesses, music has also been shown to enhance memory and stimulate both sides of the brain, which may help individuals recover from stroke or those suffering from cognitive impairments.

Music also can have a positive impact on mood.

Neuroscientists have discovered that listening to music heightens positive emotions through the reward centers of the brain.

Music stimulates the production of dopamine, creating positive feelings as a result.

Some researchers think that music may help improve immune response, promoting faster recovery from illness. Undergraduate students at Wilkes University measured the levels of IgA — an important anti-

body for the immune system’s first line of defense against disease — from saliva. Levels were measured before and after 30 minutes of exposure to various sounds, including music. Soothing music produced significantly greater increases in IgA than any of the other conditions.

Another way music has been linked to improved health is its ability to make physical activity seem less mundane.

Listening to songs can distract one from the task at hand, pushing focus onto the music rather than the hard work being done. When exercising, upbeat music can help a person go a little further as they work to achieve their fitness goals than working out without music.

The benefits of music extend beyond enjoying a favorite song, as music can do much to contribute to one’s overall health. **TBM**



# Healthy in a minute

Quick tips for living strong

by Mara Dresner  
Staff Writer

Sometimes it can seem hard to maintain a healthy lifestyle. You're busy. You're saturated with so much information, much of it conflicting. Who has the time to schedule in one more thing?

Well, you do! Believe it or not, there are quick and easy steps you can take to improve your health – and you can start right now in as little as one minute. Let's get started:

## Stand up

If you're one of the many people who spend their entire workday sitting in front of a computer, here's an easy to-do. According to Jennifer Garza, ScD., ergonomist for UConn Health, taking even one minute per hour to stand up, stretch, move or walk may be beneficial for your health.

"Prolonged sitting is linked to increased risk for disease and death. And, recent studies estimate that physical inactivity contributes to more than 300,000 deaths annually in the United States," she said.

"There is some good news, though. Evidence suggests that alternating between sitting, standing and moving throughout the day may reduce back pain and promote better cholesterol levels and glucose regulation. It may even help you to become more productive."

It really is that simple. While some people opt to use a sit-stand workstation while working on computer-related tasks, Garza cautions

against completely replacing sitting with standing.

"Too much standing, which has been associated with pain, fatigue and chronic venous insufficiency, can be just as harmful as too much sitting," she noted.

Rather, try to incorporate movement throughout your day.

"You may consider walking to a printer or bathroom farther away than the ones you normally use; talking with a colleague in person instead of sending an email or text; taking the stairs instead of the elevator; holding walking meetings; or starting a group stretching or exercise class," she suggested.

And more is definitely better. (You knew that.)

"If possible, try to incorporate at least three to five minutes of movement into every hour," Garza said. "However, even one minute less sitting per hour can help you to feel healthier, more comfortable and more productive."

And don't think that movement during the day is your free pass for binge watching in the evening.

"It is definitely worthwhile to keep the same principles in mind when using the computer, watching TV, or doing other sedentary activities during leisure time," Garza noted.

While watching TV, use the built-in timer – commercials – as your cue to get up and move.

## Exercise

You knew this would be on the list. What might surprise you is that it doesn't take hours in the gym to have a positive impact.

Dr. Randall J. Risinger of Hartford Orthopedic Surgeons PC, which has an Urgent Care Walk-in Center in Avon, suggests stretching every day.

"Hamstring flexibility/stretching is critical to prevent and relieve low back pain and knee pain. It is also one of the best stretches to prevent sports-related lower extremity

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injuries. Stretching your hamstrings a few minutes a day is a great investment," Risinger said. "Stretching your pectoralis muscles helps posture and, more importantly, can help prevent future shoulder problems," such as rotator cuff repair.

Dr. Alexa Veeder, a chiropractic physician and co-owner of Back to Motion in Newington, noted that even short workouts can pay big dividends.

She has created a quick lower body workout that can be done anywhere. It takes just 10 minutes, or can be done multiple times for a more complete workout.

"These workouts are good for anyone for a few reasons. It targets areas of the body that are important [in] everyday life. It is important to keep full-body workouts incorporated to keep individuals more active and overall strength [goals are] met. Those who do not incorporate full-body functional workouts are at a higher risk to become injured at activities that they like to do as hob-

bies due to lack of mobility and flexibility," she explained. "Balance is key for injury prevention such as ankle, knee and even low back injuries. By using these exercises on a regular basis, this can improve muscles around the ankles and other important lower body areas to help aid in stability of legs that one may not have developed without proper training."

Veeder, who is a marathoner, certified personal trainer and marathon coach, said that runners will find special benefits when they add in cross-training to their routines.

"Cross-training with strength workouts is necessary to see results for speed. Once you begin to build up core, glutes and accessory muscle strength, you will have a stronger momentum of the primary running muscles which, in turn, will improve overall running time," Veeder noted. "Cross-training accessory muscles is a must to improve speed and will propel you forward."

For training for an event such as a marathon, she recommends run-

ning three or four times per week with two or three cross-training strength sessions.

"Listen to your body and know when a rest day is needed," she advised.

Options for full functional body workouts include kettle bells and resistance bands, or simply using your body weight, such as in Veeder's workout below.

Whether you're a runner trying to improve your next race time or just want to be a little faster chasing

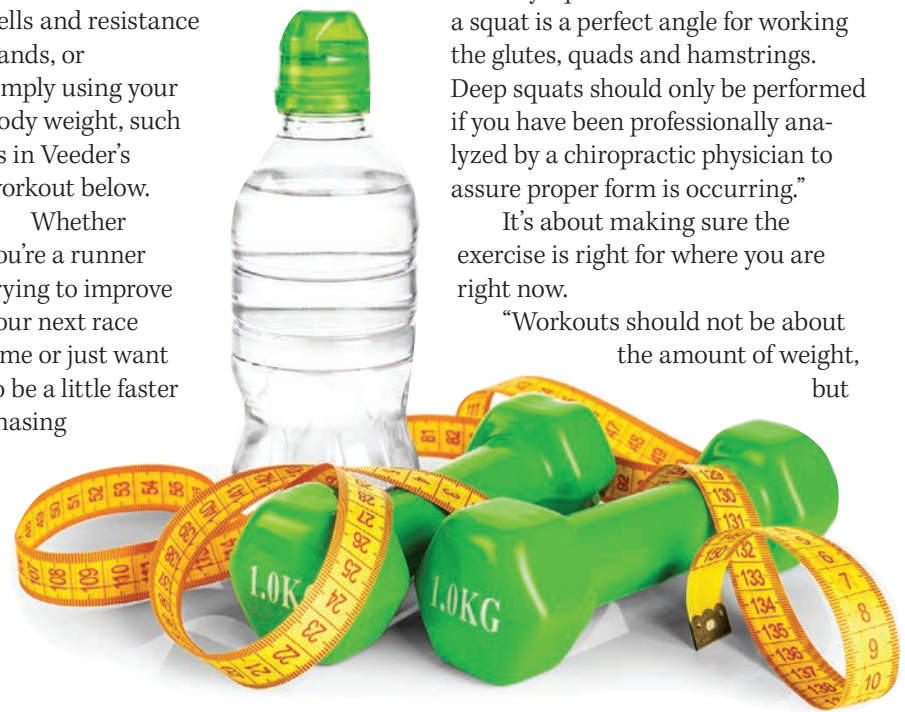
your kids around the yard, Veeder has a few suggestions for success.

"While performing a squat exercise, make sure to keep upper body squared, shoulders back, and the bending should be from the hips as the back remains erect," she said.

"For any squat workout, 45° to 55° in a squat is a perfect angle for working the glutes, quads and hamstrings. Deep squats should only be performed if you have been professionally analyzed by a chiropractic physician to assure proper form is occurring."

It's about making sure the exercise is right for where you are right now.

"Workouts should not be about the amount of weight, but



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about the duration and the importance of proper form in order to activate and fatigue your muscles safely and successfully after 60 seconds," Veeder added.

Here is Veeder's 10-minute Total Transformation Squat Workout:

Warm up with butt kick runs in place (four rounds of 60 seconds): 4 minutes

Squat with elbows bent at 90° angle (add weights to increase difficulty): 60 seconds

Plank position while maintaining hips parallel to the floor: 60 seconds

Push-ups (modify on the knees if needed): 60 seconds

Single leg isometric squat (45°-55°) alternating legs (add weights to increase the challenge): 30 seconds each side

Plank position with alternating knees into chest (keeping a flat back): 60 seconds

Walking lunges, forwards and backwards (add weights to increase difficulty): 60 seconds

Wall sits (hold a weight to increase difficulty).

Tip: Make sure your legs are at a 90-degree angle to properly work your quads: 60 seconds.

Have a little extra time? Repeat the entire circuit (sans warmup) three



more times; it will take you just over half an hour.

## Read to your child

This is an easy action step with benefits for both parent and child.

"If you are the parent of an infant, toddler, preschool or early-school-aged child, you have likely questioned the best way to maximize your child's developmental potential. We live in a world that pushes parents to 'not miss out' on the important window of brain development that occurs in the early childhood years.

"We are bombarded with ads that promote the use of certain products – whether they are vitamins, nutritional supplements, educational games or technology-based learning tools – to ensure we give our children the best chance to succeed in life.

Many of these products are expensive, and the number of choices can be overwhelming and stress-inducing for parents. The good news is that with just 20 minutes a day and a trip to your bookshelf or local library you can improve your child's language skills, enhance their brain activity, develop a stronger parent-child relationship and reduce your own stress," Dr. Joy Hong, Prohealth Physicians, Somerset Pediatrics in Glastonbury, said.

Hong said that medical studies have shown that children who are read to at home have more activity in the brain areas that support understanding language and visual imagery. The research is promising for parents, too.

"Parents will also benefit as research done at the University of Sussex shows that reading reduces stress levels by more than two thirds within just six minutes," Hong said, noting an article published in The Telegraph, a British publication.

She said the process starts before you even pick up a book.

"Put away your cell phone! Turn it off, or put it in another room. Turn off the TV. Let your child see you do these things. Undivided parental attention is the most valuable gift you

can give your child," she noted.

Next, pick a story that you know your child likes.

"Children thrive on routine. Reading a familiar book is a great way to create a sense of comfort in an increasingly stressful world. Offer a new book or two, but always keep some of the old favorites available. Allow your child to choose the books and the order in which they will be read," Hong recommended.

"Let your child set the pace. Babies and young toddlers may be more interested in eating the book than reading it. That's OK. Preschool age children may jump up and run around in the middle of the book. This is normal. Tracking the words on the page with your finger, pointing at pictures and making funny sound effects are all ways to enhance the reading experience."

Hong recommends carrying the experience of reading beyond the page.

"Talk with your child about things that you have read. Make connections between books and things they see in the world around them," she said. "Nurturing a love of reading is a lifetime gift you can give your child – and it only takes 20 minutes a day." **TBM**

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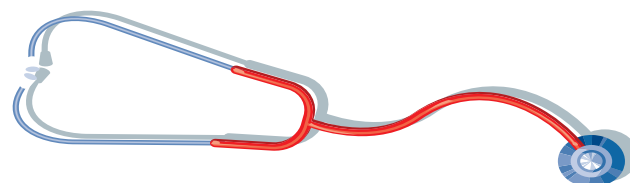


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## Feeling overwhelmed?

How to find a good fit for help

by **Alicia B. Smith**  
Associate Editor

Change can be exciting and exhilarating, or draining and overwhelming. It is often a change in circumstances that leads an individual to seek ways to adjust and move forward. Sometimes the help of a therapist is needed.

But how? That, too, can be overwhelming, but it does not have to be.

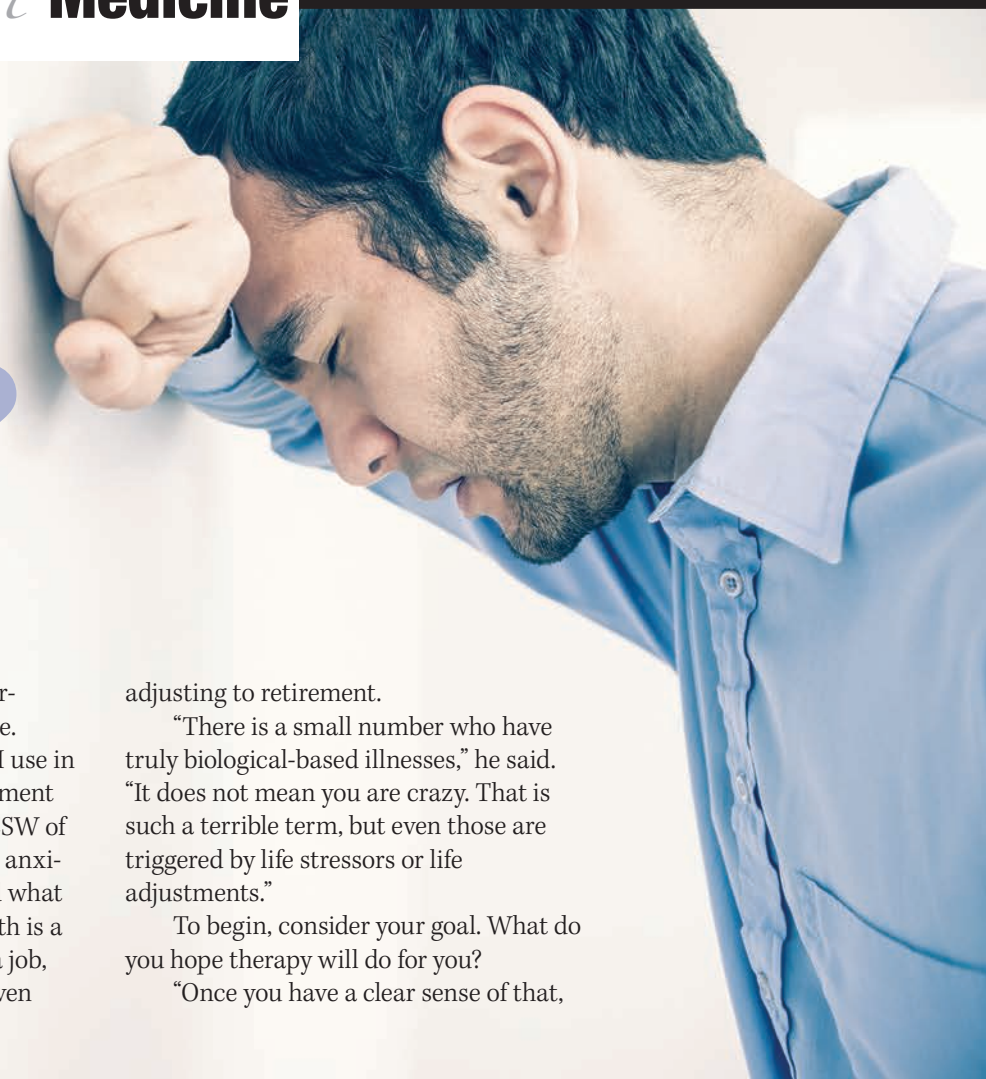
"The most common diagnosis I use in my practice is what is called adjustment disorder diagnosis," Mitch Page, LCSW of Newington, said, adding that while anxiety and depression may be involved what his patients are often struggling with is a life change. This could be a loss of a job, having a baby, losing a spouse, or even

adjusting to retirement.

"There is a small number who have truly biological-based illnesses," he said. "It does not mean you are crazy. That is such a terrible term, but even those are triggered by life stressors or life adjustments."

To begin, consider your goal. What do you hope therapy will do for you?

"Once you have a clear sense of that,



## Did you know?

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to promote their long-term health.

The CDC recommends that men and women age 65 or older who are generally fit and have no limiting health conditions need at least two hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, each week. In addition, such people should perform strength-training activities that work all major muscle groups at least two days per week.

While many fit older men and women with no preexisting health conditions are capable of these activities, those able to push themselves a little further can opt for 75 minutes per week of vigorous-intensity aerobic activity, such as jogging or running, combined with the same strength-training regimen.

A combination of moderate- and vigorous-intensity aerobic activity coupled with strength training may also provide adequate physical activity for aging men and women.

Before beginning a new exercise regimen, men and women should consult with their physicians to discuss any limitations they may have and how to manage those risks while still being physically active.

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that can guide you to the help you can get,” Page said.

When in the midst of an overwhelming life event, it can be difficult to think clearly. However, it could be beneficial to take a deep breath and find help.

“Facing a major life transition or other life issue that the person might benefit from having an objective professional third party’s help with” is the best way to know when therapy might be a good option, Elliott Strick, LMFT of West Hartford said.

“These might include loss of a job, ending of a relationship/marriage, death of someone close, assistance with recovery from addiction, all of which might lead to feelings of depression or anxiety that don’t get resolved easily or in a reasonable amount of time,” Strick said. In other words, it could be, he said, “an emotional problem that is adversely affecting the quality of one’s life.”

Strick has counseled individuals and couples who are wrestling with infidelity issues, communication within a relationship, the ending of a relationship, those overcoming pain resulting from trauma in the past, or anxiety and depression.

Finding a good fit with a therapist could lead to positive outcomes. However, there are some questions a patient might want to think about before choosing.

Page suggested thinking about whether you would feel most comfortable with a male or female practitioner, or one who specializes in a particular area such as transgender or LGBTQ issues.

“Another consideration, obviously, is finances,” Page said. Those who have insurance through their employer may cover the deductibles for a therapist and, in other instances, the provider has a contract with a insurance agency to charge a specific amount.

“I am ethically obligated to charge the contracted fee,” Page said.

In addition to questions about finances, gender and location, Strick suggests that patients also discuss the therapist’s experience with relevant issues. Once these questions have been thought over, the next step would be to consider how to best approach therapy. Would seeing someone one on one in an office environment be preferable? Or, it might be best to seek a group practice with an MD on staff in the event the medications need to be pre-

scribed. There are also clinical options available and practices specializing in a specific area, such as women’s or geriatric issues.

Resources to find a therapist include an individual’s own doctor. Page explained that men tend to ask their primary care physician for a referral, while women often ask their OBGYN. Either way, a trusted professional can often make an appropriate suggestion.

In addition, Page said the 2-1-1 Infoline can be helpful.

“They are trained clinicians, not licensed health professionals. They can help you sort through what type of help you need,” Page said, adding that they can use a zip code or the name of a town in order to find a nearby therapist.

If possible, Strick suggested interviewing, in person, more than one therapist before making a choice. Additionally, one can ask friends and family members or a primary care

doctor. Online profiles on psychotherapy sites can offer some leads. Websites such as [goodtherapy.org](http://goodtherapy.org), [psychologytoday.com](http://psychologytoday.com) or [therapistlocator.net](http://therapistlocator.net) are good places to start, according to Strick.

Once an appointment is made, Page said patients can expect to discuss in the first session or two what he referred to as a “contract,” often in the form of a series of questions: How can I help you? What are you working on? How will you know if I have been helpful? What will be different after three sessions, after eight sessions? In some instances the therapist and patient may have a more formal contract that is signed, otherwise it is a verbal contract so both have a clear understanding of what the goals are for the patient. The goal could be anything from feeling more hopeful, having more energy, or not arguing with your spouse as much.

“You will know after two or three [sessions] if one, you are making prog-

ress toward your goal and, two, separate from the goals, you want to make sure the fit is right,” Page said.

Ed Federici, LMFT, based in Wethersfield refers to this as fantasy.

“What is the fantasy of what the therapy is going to do for me?” he said.

“I am looking to receive something” from patients Federici said. “That is one of the first questions I ask clients.”

From there Federici is interested in finding out what brought the patient in – what they are hoping to get out of therapy.

Additionally, Federici encourages patients to ask themselves questions. Among them are, “What is my hope if therapy goes well? What am I feeling like inside? What are the externals that are different in my life because of therapy?” he said.

Federici recommends patients come in for at least four sessions in order to determine whether or not things are moving in the direction they had hoped.

“Clients come in with their defenses up. That’s good, but sometimes we shield the therapy throughout that defense mechanism,” Federici said.

“If you still have that same feeling at the third session, then maybe its time, we might not mesh well. I take no offense. This is not working out. I have lots of good colleagues I can refer you to,” Federici said.

“I think in the beginning people come in and they are very vulnerable,” he said, adding that a patient may also come in feeling very confident.

“Whatever they present, I want to make sure that I am creating a safe place so they can seek the truth,” Federici said. “I want to create safety and then after that I want to be able to help them find and access their strength and create that life they wanted or discover the life they want to create; help them find their strength.”

Ultimately, seeking help should not make one feel ashamed or embarrassed. “We all go through challenges in life; we feel alone,” Page said. “No one should feel shame or embarrassment to meet with someone if they need help or are in trouble.”

“We think mental health care is underutilized by the thousands across this country. It’s evident in the suicide rate across the country,” Page said.

“Get help. It’s out there. Everyone needs help once in awhile.” **TBM**

**“Whatever they present,  
I want to make sure that I am  
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then after that I want to be able  
to help them find and access their  
strength and create that life they  
wanted or discover the life they  
want to create.”**

**– Ed Federici**

## The Best Medicine



# The evolving world of Alzheimer's

Alzheimer's disease is one of the most prevalent types of dementia in the world, affecting an estimated 35.6 million people all over the globe, and that number is expected to double in 20 years.

The Alzheimer's Foundation of America estimates that as many as 5.1 million Americans may be living with Alzheimer's disease. Australian company Actinogen Medical says Alzheimer's is Australia's second biggest killer. According to a 2012 study commissioned by the Alzheimer's Society of Canada, 747,000 Canadians were living with cognitive impairment, which included, but was not limited to, dementia.

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## Did you know?

Carbohydrates are seen as the enemy by many people looking to lose weight, but that reputation is ill-deserved for certain types of carbs. Carbohydrates referred to as "smart carbs" can boost energy and mood and help people, even dieters, maintain healthy weights. Smart carbs, which can be found in fruits, vegetables, minimally processed whole grain products such as brown rice and quinoa, and whole wheat bread among other foods, contain vital nutrients and fiber. The body takes longer to absorb whole grains than it does processed carbohydrates, stabilizing blood sugar and energy levels as a result. Because the body takes longer to absorb whole grains, feelings of satiety and fullness are extended. That reduces the likelihood of being hungry again shortly after eating, thereby helping people maintain healthy weights. Those who want to avoid carbohydrates should avoid products made with white flour, such as white bread, non-whole grain pastas, potato chips, and breakfast cereals with high amounts of sugar.

# The Best Medicine

disease and other types of dementia may experience a decline in mental function severe enough to reduce their ability to perform everyday activities. Some of the cognitive functions that may be impaired include memory, communication and language, ability to pay attention, reasoning and judgment, emotional control and social behavior.

There is no cure for Alzheimer's disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different drugs and therapies. The following are some of the more promising options in the works.

## Leukine

A safety trial on the drug Leukine already is underway at the Colorado University Anschutz Medical Campus.

"We found, so far, that Leukine is safe in people with Alzheimer's

**There is no cure for Alzheimer's disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different drugs and therapies.**

disease," said Dr. Huntington Potter, the director of Alzheimer's research at the university. "That means it doesn't have the side effects that so many other Alzheimer's drugs have had, which are swelling in the brain

and bleeding into the brain."

Leukine has been successful in removing the plaque or amyloid along the outside of nerve cells in the brain of mice. Researchers do not know the exact mechanism for removal, but the drug is working and working quickly. Leukine also may be helping the brain repair itself. The Alzheimer's Association has donated \$1 million toward financing the costs of the next phase of this trial.

## Insulin

Neurologists at Rush University Medical Center are testing a type of insulin that is inhaled through a nasal spray to see if it improves cognition and memory function in people with mild cognitive impairment.

"There is growing evidence that insulin carries out multiple functions in the brain and that poor regulation of insulin may contribute to the development of Alzheimer's disease," said Dr. Neelum Aggarwal, a neurologist at Rush and the lead investigator of the study.

The 18-month clinical trial will study the nasal spray versus a placebo in 275 adults between the ages of 55 and 85.

## Xanamem

Australian researchers at Actinogen Medical have begun trials of a new drug called Xanamem. More than 170 patients with mild dementia in Australia, the United States and the United Kingdom will take part in the placebo-controlled 12-week trial. The medicine blocks the stress hormone cortisol in order to improve mental function for those with dementias. In 2015, an Edinburgh University study of mice showed reducing cortisol in the brain improved their memory and decreased the number of Alzheimer's-associated amyloid plaques in the brain.

Researchers continue to work as they seek a successful, long-term option for treating or preventing Alzheimer's disease and other dementias. **TBM**



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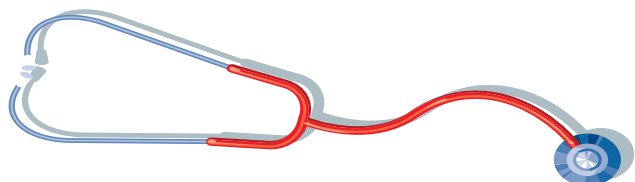
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## Did you know?

Running on a variety of surfaces instead of sticking to just one surface may help runners reduce their risk of injury. Officials with the USA Track and Field's Sports Medicine and Science Committee recommend that runners vary their runs so they run on pavement, trails and tracks. While it helps to run on various surfaces, researchers do not believe one particular surface is better than another.

In fact, while running on asphalt has long been assumed to increase injury risk because of the presumption that harder surfaces produce greater impact forces on the body, a 2008 study from researchers at the Hannover Medical School Department of Plastic, Hand and Reconstructive Surgery in Germany found that running on asphalt surfaces decreased mid-portion tendinopathy risk while running on sand surfaces increased that risk tenfold.





# Heart health advice for women

**H**eat disease may be something most commonly associated with men, but it can be deadly for women as well. According to the Centers for Disease Control and Prevention, heart disease is to blame for one in every four female deaths in the United States.

Recognizing the threat that heart disease poses is a great first step for women who want to avoid becoming one of the hundreds of thousands of

women who lose their lives to heart disease each year. The U.S. Food and Drug Administration offers the following advice to women looking to prioritize their heart health.

Thanks to food labels, it's easier than ever for women to consume heart-healthy diets. When examining labels, look for foods that are low in sodium and sugar. When planning meals, avoid foods that are high in trans fats. In 2015, the FDA ruled that trans fats were not recognized as safe for use in human foods and gave manufacturers three years to remove them from their products. The Cleveland Clinic advises consumers to check

labels for partially hydrogenated oils, a hidden source of trans fats.

Certain conditions can increase a woman's risk for heart disease. While women may not be able to turn back the clocks and prevent these conditions from developing, they can take them for the serious threat they are and do their best to manage them. High blood pressure, diabetes and high cholesterol can increase a woman's risk for heart disease. Take medications as directed, monitor blood sugar levels if you have diabetes, and routinely have your blood pressure and cholesterol tested to ensure any pre-existing conditions are not

increasing your risk for heart disease.

The FDA notes that many physicians prescribe aspirin to lower patients' risk of heart disease, clot-related strokes and other problems related to cardiovascular disease. However, there are risks associated with long-term aspirin use that should be discussed with a physician. According to the FDA, bleeding in the stomach, bleeding in the brain, kidney failure and certain types of stroke are some of the potential side effects of long-term aspirin use. Such side effects may never appear, but the risk that they might makes discussing the pros and cons of aspirin well worth it. **TBM**



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## When to let go

How to give the best love and care to elderly pets

by **Nancy Thompson**  
*LIFE Staff*

**W**e take them into our homes and our hearts, care for them and love them. And when our pets become old, we worry about them and want to give them the special care they need and deserve.

What should we look for, and how do we help? And, eventually, how can we know when it's time to let them go?

"With older pets, it's the same as with older people," said Stewart "Chip" Beckett, a veterinarian and the owner of Beckett and Associates Veterinary Services in Glastonbury.

"They may not have the ability they used to have, but that doesn't mean they aren't valuable members of the family."

He said there's no doubt about the value of the bond between humans and their pets, citing animals who help people with post-traumatic stress disorder, autism and other special needs. "It's a two-way street," he said.

"The relationship may evolve, but it's still a good relationship."

The important issue is how the relationship might be changing. "Animals tell us when they're not enjoying life any more, just like people do," he said. "Are they interested in getting up and seeing us? Are they happy? If they're basically happy, that's great. A lot can be done with management to make old age better."

For example, he said putting rosin on the feet of dogs with spinal arthritis makes their paws sticky and helps with mobility issues. Monitoring an older pet's dental health also is important.

"Dentistry is important," he said. "Abscessed teeth can release bacteria into the bloodstream, and dental disease is the root of a lot of kidney problems. It's an area where people can help."

Better nutrition, an increased awareness of the dangers of letting pets roam outside, and better control of fleas and other parasites have extended the average life span of many pets.

"We have senior diets with less protein and higher fiber, good-quality

food with antioxidants and vitamins. We have glucosamine and other medications that offer the same benefits as they do for people. Dogs are living longer," Beckett said.

"When I started in practice, 10 years was a normal life span. Now they're living to 13 or 14 years."

Even with healthier food and better medication, at some point older pets will start to decline. Sometimes that's caused by mobility issues, kidney or heart disease, or other quality of life issues.

"Sometimes there are situations," he said. "A 15- or 20-pound dog is easier to pick up and carry than a 50-pound dog. Sometimes pet owners get to a point when they can't physically or emotionally do it. Some people just can't deal with it."

Others try everything they can to extend their pet's life.

"People's view of death and dying differ," Beckett said. "If you want to spend \$30,000 on chemo, surgery and radiation, I can do that, but not if you want to spend \$300. People have to ask what their budget is and have a clear

idea of what to do."

He said people dealing with a pet with a chronic disease often get in further than they had anticipated.

"Often they try one more thing, then two weeks into it they're doing things they never thought they'd want to do. The vet's job is to tell you what's available, but I can't make the decision for you."

It's a tough decision to end a pet's life, and not one to be taken lightly. "When it's time, make sure everyone's on the same page," he said. "Remember that after we put them down, we can't make them come back."

Kristin K. Haviar, known as "Dr. K" to her clients at the Animal Hospital of Rocky Hill, said it's important for pet owners to look for changes in their aging pets' thirst, eating habits and behavior. She said increased thirst could be a sign of diabetes or kidney disease and recommended calling a vet and having blood work done. Appetite changes could be a sign of hormone imbalance and also could call for blood work.

A decrease in thirst or appetite

## Pets and Vets

also can be significant.

"With older pets we see changes at different times of year for no apparent reason," she said. "We see cats, especially older cats, who are constipated. Sometimes they're just not feeling well. Some have diarrhea, others get dehydrated."

She said a decrease in appetite can be a symptom of a variety of issues, including kidney or liver disease and cancer. Haviar said dogs and cats often react differently to not feeling well.

"Cats are quiet," she said. "They sometimes act OK until the problem is severe. Dogs usually let you know."

Haviar said cats tend to get an overactive thyroid that makes them eat a lot of food while losing weight, while dogs, especially bigger dogs, often have an underactive thyroid and put on weight.

Dogs and cats should be checked out by their vet more often as they get older. "The most important thing is to have them seen more often, usually every six months, with blood work at least once a year," she said. Pet owners

also should notice issues such as lameness, which might or might not be a symptom of a serious problem.

"Lameness for a day or two might be a soft tissue problem or achy joints, but if it lasts more than a couple of days or is severe it needs to be checked out."

Like people, older pets may experience cognitive issues.

"We're seeing pets live a lot longer," Haviar said. "Some experience cognitive dysfunction. They're awake at night, they become more vocal, and you see them staring into space, but there are supplements to help with that."

For Jacoba Nassar, a veterinarian at the Roaring Brook Veterinary Hospital in Canton, a pet's quality of life depends on a variety of issues, including comfort, its appetite, whether a pet is enjoying its normal routine and whether a pet is having more bad days than good days.

While not something to be taken lightly, she said she believes that euthanasia should be seen as a way for someone to take responsibility for their pet's dignified passing.

"That's the way it should be perceived," she said. "It's a nice option, sort of the next step for treatment, the final treatment. Some say they waited too long. It's so personal," she said of the decision to end a pet's life. "It can't be well defined. It's not just one issue."

Barb Guse, a member of the staff at Veterinary Specialists of CT in West Hartford, is one of a small number of licensed physical therapists in the state who is certified as a canine rehabilitation practitioner and has a different perspective on the aging process in dogs.

"Old age is not a disease," she said. "You can't just say, 'Oh, he's just getting old.' It's important to check with a vet to see if the problem is something that needs to be treated."

She said that, while older dogs may lose strength and flexibility and be unable to do some of the activities they used to do, they can adapt to new routines.

"The owner shouldn't expect them to do the longer walks," she said. "Dogs require daily low-impact exercise, shorter walks, done more often. The

owner needs to accept that the dog is aging. Even if they want to do long walks, they shouldn't because they could get hurt. You don't want to ask an older dog to jump into and out of a car or go up and down stairs. It's a safety issue, and it erodes their confidence, big time."

She said owners of older dogs with mobility issues should consider devices such as ramps and steps so their dogs will be confident. "If stairs are an issue, you'll need carpet and have the stairs well lit. Keep their nails trimmed, and if their paws get dry and cracked you can lubricate their pads, which will help them with traction. Keeping their confidence level up will encourage them to stay active."

Guse said that what she does at the clinic is very similar to what physical therapists do with humans, including exercises, treatments with heat and cold, and a water treadmill.

"There are all kinds of things that can be done, and they do so well," she said. They're just the best patients, and it's pretty amazing what we can do for the old guys." **TBM**

## Did you know?

Outdoor exercise can benefit both the planet and the people doing the exercising. By exercising outdoors instead of at home or at indoor fitness centers, men and women can reduce their carbon footprints. Exercising in the great outdoors does not require the use of energy-consuming fitness machines.

In addition, when exercising outdoors during daylight hours, nature provides all the light men and women will need for their workouts, further reducing the average person's energy consumption. And it's not just adults who can benefit from spending more time outdoors.

According to the Harvard Medical School, children are likely to get more exercise if they spend time outdoors than they are if they spend time indoors. A study from researchers in England used GPS devices and accelerometers to track the activity of 1,000 children.

The children were more than twice as active when they were outside than they were when they were inside. When children spend ample time outdoors, that, too, can benefit the environment.

According to the National Institutes of Health, the average youngster spends three hours per day watching television and gets as much as seven hours of screen time each day. When kids are outdoors, they are less likely to be staring at energy-consuming screens and devices than they are when they're indoors.



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## How to protect your pets from extreme heat

**E**xtrême heat can be unpleasant for anyone, and pets are no exception. While it's easy for men and women to detect if their bodies are responding negatively to heat, those warning signs may not be so prevalent in pets, who may suffer in silence as the mercury continues to rise.

Pet owners must pay special attention to their pets on hot days, which the Humane Society of the United States notes can be both uncomfortable and dangerous for pets. In an effort to help pet owners protect their pets from the summer heat, the HSUS offers the following tips to pet owners who want to keep their pets cool and safe this summer.

- **Don't leave pets in a parked car.**

The temperature inside a vehicle can quickly approach dangerous levels on hot days, so pet owners should never leave their pets in parked cars, even if they leave the air conditioning on and

the engine running.

The HSUS notes that on an 85-degree day, temperatures inside cars with slightly cracked windows can reach 102 degrees in as little as 10 minutes. Rather than taking pets with you on car trips, leave them at home inside a comfortably air conditioned room where they won't be vulnerable to rising temperatures.

- **Change pet's exercise regimen.**

Pet owners who make sure their pets get daily exercise should change such routines when temperatures are on the rise. Midday walks or jogs should be switched to evenings or early mornings, when temperatures tend to be at their most moderate.

In addition, cut back on the time spent exercising, as pets may have trouble breathing on hot days.

When taking your dog for a jog or a run in the summertime, do so on the grass, avoiding asphalt, as hot asphalt can do significant damage to your pet's paws.

- **Be mindful of your breed.** Dog owners should recognize that certain dogs can handle the heat better than others. Short-nosed breeds have a harder time in extreme heat because their shorter airways don't allow as much time for the air they breathe in to cool as dogs with longer noses. In addition, the HSUS points out that dogs with white-colored ears are more susceptible to skin cancer than other dogs, making it imperative that owners of such dogs reduce their exposure to the sun on hot days when the UV index is especially dangerous.

- **Let dogs inside.** Doghouses might not be as prevalent as they once were, but many owners still keep doghouses in their backyards so their four-legged friends have a place to relax outdoors on lazy afternoons.

But doghouses can be similar to parked cars on especially hot days, making rising temperatures feel even hotter. Let dogs hang out inside in an air conditioned room on hot days to

reduce their risk of heatstroke.

- **Learn to recognize the signs of heatstroke.** Pets suffering from heatstroke will exhibit certain symptoms, and pet owners who learn to recognize those symptoms can do something about them before it's too late.

Heavy panting, glazed eyes, rapid heartbeat, difficulty breathing, excessive thirst, and lack of coordination are just a few potential indicators that a pet is suffering from heatstroke.

Animals that are very old, very young, overweight, and unaccustomed to prolonged exercise, as well as those who have heart or respiratory conditions, are especially susceptible to heatstroke. Learn more about pets and heatstroke at [www.humanesociety.org](http://www.humanesociety.org).

Extreme heat can be dangerous to pets, who often suffer in silence when dealing with the consequences of extreme heat. Pet owners who take certain precautions and learn to recognize signs of a pet struggling with heat can better protect their animals. **TBM**



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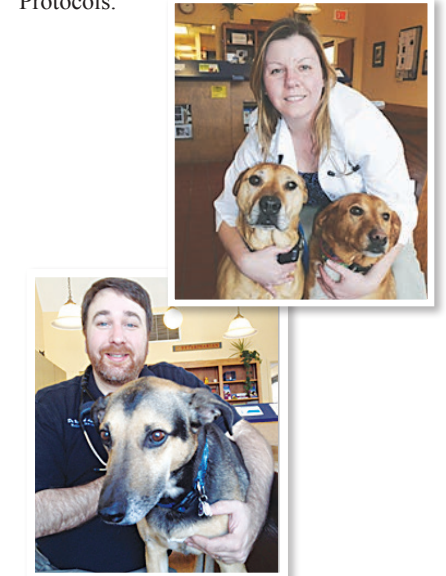
## Howard Asher, DVM Monica Dijanic, DVM

**B**eaver Brook Animal Hospital opened its doors in November 2011 and has been happy to serve Wethersfield and surrounding towns since. We have grown so much that we are excited to be moving to a brand new state of the art facility on the Silas Deane Highway in July! Our new building will have fear free approved colors, species specific pheromones and music and an over all relaxing environment "to take the pet out of petrified".

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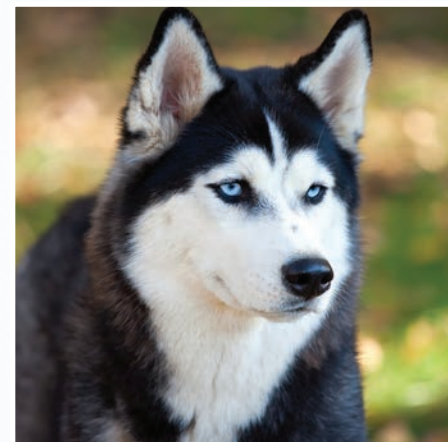
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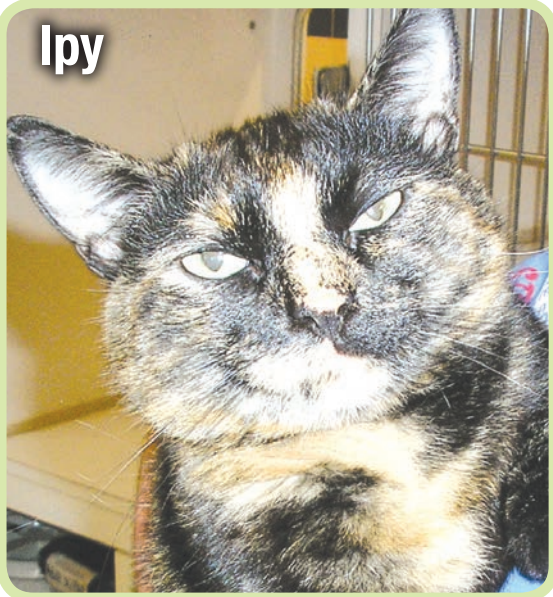
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## Editorial

### Can we have civil discourse in politics?

**M**uch has been written and said the past few weeks about the terrible shooting incident at an Alexandria, Va., baseball field that left U.S. Rep. Steve Scalise, a Republican from Louisiana and the House majority whip, seriously wounded.

Politicians on both sides of the aisle immediately spoke of the need to tone down the rhetoric and inject some civility in our political debates even as we passionately debate the issues. We've gone too far, they all said. Something has got to be done.

The reason we've gone too far is because too many Americans react emotionally rather than intellectually to political debate. Of course, that's exactly what the politicians want us to do. They don't want us to think, to weigh the arguments made by both sides, because we might end up opposing them.

It's all about winning so we certainly can't allow that to happen, now can we?

Better that we rant and rave and vilify anyone who disagrees with us. Our side is right and theirs is wrong, it's as simple as that. We shut our ears to anything but reinforcement of our preconceived positions and tune our televisions and radios to stations and programs that support our views.

They don't call it "rant radio" for nothing. And how about all of those mind-numbing politi-

cal discussion shows on 24-hour cable news channels?

All they do is repeat the same political nonsense ad nauseam and then have a panel of alleged experts tell us that either the liberal or conservative position is the correct one, depending on the channel or station.

God forbid they actually go out and cover the rest of the news. It's much more fun to talk politics and get people all riled up.

When U.S. Rep. Gabrielle Giffords of Arizona was shot in a similar public incident six years ago, Democrats and Republicans alike sprinted to the nearest cameras and microphones on Capitol Hill to proclaim their horror.

They called for more civility in our political debate, less vitriolic rhetoric, a coming together of both parties in a sense of friendship and respect. Something had to be done to make things better.

That lasted a couple of weeks. Then they returned to their old divisive, hot-tempered, insulting and stiff-necked ways. They can't help themselves. It's the only way they know to engage the American people in the debate.

It would be nice if something good came out of this second shooting of a member of Congress in six years. But it won't. Because that would require all of us to listen to opposing viewpoints, engage our brains, and show a little respect to the other side of the debate. **WL**

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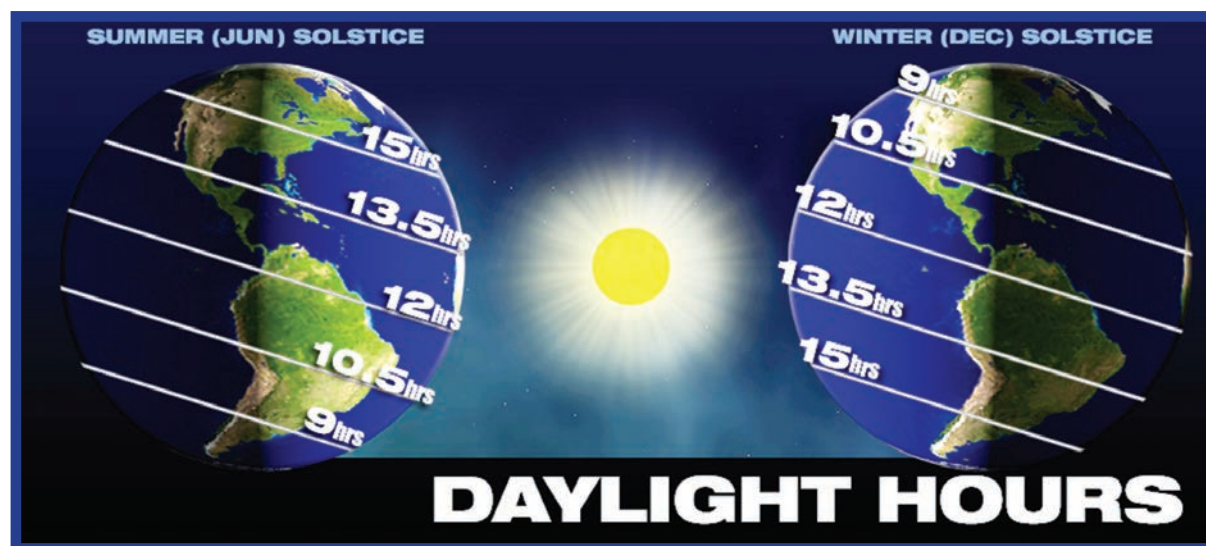
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BY MARK DIXON  
WFSB METEOROLOGIST [AMS]



## Savor/Enjoy the Daylight

**F**irst, let me just say that I hope everyone reading this article is having a great summer! Speaking of “summer” ...while the “meteorological” season started on June 1st, the “astronomical” season officially kicked off on June 21st (with the solstice). On this date, there is the greatest amount of pos-

sible daylight of the year, 15 hours and 14 minutes to be exact.

On a bright day here in Connecticut during the summer-time, many like to get out and enjoy the sunshine – if it’s heading to area beaches, a local pool, or a golf course (etc). So, you’ll certainly want to savor each and every min-

ute, since every day past the solstice, as we head toward autumn (and later winter), we lose daylight. But how much?

In this month alone, the loss of daylight is 45 minutes! On July 1st, the sunrise is at 5:19 a.m. and then sets at 8:30 p.m. By the end of the month, the sunrise shifts to 5:44 a.m. and then sets

20 minutes earlier, at 8:10 p.m.

So while this article may offer up somewhat depressing news, get out there and have fun ...as we head toward the Autumnal Equinox (on September 22nd), we will lose another 2 hours and 17 minutes. By the winter solstice, our total possible daylight dwindles to 9 hours and 7 minutes! **WL**



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Mon-Fri 7AM-6PM, Sat 8AM-5PM

867 Cromwell Avenue, Rocky Hill  
Next to Westside Market

## **860-760-9000**

**MODERN TIRE**  
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Farmington 860-677-5454

**MODERN TIRE**  
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Cheshire 203-272-3296